

The Presto Book of MENUS & RECIPES

by

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HEALTHFUL, HOME-CANNED FOODS

and How to Use Them

THIS is not a book of canning directions, but one of suggestions for using home-canned foods. A brief description of methods is given to show how easy it is to stock the storeroom shelves with pure, delicious home-canned fruits and vegetables, and a few general directions are added. It is much easier to get recipes for canning than to get new and interesting menus and recipes for using your own canned goods.

This, then, is a message from one homemaker who has canned many hundreds of quarts of garden products—and used them—to other homemakers whom she hopes will do likewise.

WOMAN

Home and Hospitality

THREE words linked indissolubly together. Home, the background, woman the moving spirit of it, and hospitality the living essence of both.

No matter how times may change, how one face or fashion may displace another, the home remains always one and the same thing,—a harbor of safety, a treasure house of possessions, material and spiritual, a dispenser of gifts. And the richest of all its gifts is hospitality. And, again, hospitality depends on food. Simple and homely it may be, but to break bread with a guest is a gesture of friendliness old as life itself.

This food, this sustenance of life, this material evidence of spiritual blessing, it is woman's province and privilege to provide. She may not, today, prepare as much of it with her own hands as in times when it was not otherwise available, but she prepares or directs the preparation of a far greater variety and uses this variety with much more skill and wisdom.

Through means of hospitality she shows her responsibility to her family in building and promoting its social life, but recognizes also her economical share in this partnership of home making. Her part in the financial management is to conserve, and this she does largely through careful buying or thrifty raising of food products, and their preservation and use.

Fashions change, and the woman in the home is quick to follow the modern trend. During the war there was a call to "come out of the kitchen." The kitchen at that time was none too attractive a place, so she went; and the home felt her loss. No home, however, can prosper without a woman in it, any more than a ship could reach harbor without a pilot. She felt the need of improvement in her kitchen, and made it. Now, the kitchen is one of the loveliest spots in the home, and work done there is a pleasure.

Preserving the various fruits and vegetables as they mature through the seasons is one of the pleasantest as well as one of the most profitable of home occupations. Whether these products are raised in one's own garden or bought in the open market, the preparation of them for preservation, and the actual process of canning is, under present working conditions, a piece of work so full of charm and interest that more and more women each year are filling their own shelves for future use.

It is quite the thing, nowadays, not only to have one's own garden, but to actually work in it, and to belong to a garden club. The natural consequence is—exhibitions of canned fruits and vegetables, just as the same clubs are giving exhibits of flowers and flower arrangement. Women are again taking pride in their filled shelves and colorful storeroom. Entertainment is a simple and pleasant matter when one has only to reach for a jar of beautifully preserved fruit or vegetables, and turn it with what would seem a magic touch into a completed dish of appetizing charm.

Perhaps Eve ate the apple to save it. Who knows? At any rate women are fundamentally economical. Both saving and earning may be accomplished by home canning. Variety to menus is assured by such thriftiness. And, moreover, there is always a market for home canned products, thus providing a means for home earning.



Strawberry Layer Cake (P. 29)

MODERN METHODS

and Equipment for Canning

MODERN equipment and methods have taken all fear of failure and all dread of labor from home canning. A few general directions will enable any intelligent woman to fill her cupboards with a luscious supply of appetizing foods that will be the envy of her friends and the joy of her family.

Bacteria and molds are what cause decay. The dry seeds or "spores" from these settle on fruits and vegetables, but do no harm until the skin is broken. The moment it is, the spores take root and multiply by the millions and decay begins.

Bacteria in the jar causes fruit or vegetables to "work" or ferment. Mold covers the top with a thick musty substance which will eventually eat its way through the entire contents of a jar. Jellies and jams are kept from fermenting by the amount of sugar used, but are liable to mold, so must be kept tightly sealed. Jars or glasses must, of course, be securely sealed.

Preservatives are not used by the best of packers, nor, of course, in home-preserved goods.

The natural means for preserving fruits and vegetables are sugar, the natural acid in fruits, application of heat, and sealed jars. Extreme heat kills bacteria; but it also destroys color and form, so our fruits and vegetables must not be subjected to a high degree of heat any longer than necessary.

The most widely accepted methods of home canning are: The Hot Pack, Cold Pack and Open Kettle. Certain acid fruits, rhubarb, gooseberries and cranberries, may be canned in cold water without sugar.

Proper equipment is just as essential to the modern process of home canning as to cleaning, laundering, cooking, or any other household procedure. It is modern equipment that transforms a task into a pleasure. Equipment for canning and preserving is light in weight, small in quantity, easily stored. Specialists in food preparation have reduced the method of canning to minimum effort, and the manufacturer has supplemented this modern trend by supplying equipment equally terse and to the point.

HOT PACK

The Easy Method

IN THE Hot Pack Method fruits are prepared, blanched as called for (apples and pears for softening, peaches to remove skin) or pre-heated in boiling water from one to fifteen minutes in an open kettle, then packed into sterilized jars, covered with boiling syrup, partly sealed, and processed (cooked) according to time required in hot water bath or pressure cooker. Vegetables are pre-heated (to soften), packed in jars, covered with boiling, salted (and perhaps slightly sweetened) water and processed in the same manner.

COLD PACK

So Well Known Today

IN THE Cold Pack Method, all fruits and vegetables are pre-heated, then "blanched," or plunged into cold water before being put into jars for processing. Because, however, it is desirable to have the heat reach the center of the can in the shortest possible time, this blanching process is eliminated from the majority of fruits and vegetables. This results in the Hot Pack Method which has superseded the cold.

OPEN KETTLE

The Oldest Method

IN OPEN Kettle Canning the fruit is prepared, washed and placed in a preserving kettle, covered with hot syrup already prepared and boiled according to time directions. Vegetables are treated in the same manner with slightly salted water instead of syrup. One teaspoon of salt is used in a can holding a quart of material.



GENERAL DIRECTIONS

for Canning Fruits and Vegetables

ONLY sound, ripe and fresh fruits and vegetables should be used. Discolored or over-ripe products are already on the road to decay, while under-ripe fruits or undeveloped vegetables have not full flavor.

Such fruits as apples and pears should be dropped into cold water as pared to preserve color; peaches scalded for quick removal of skin. They are then pre-heated for one to five minutes in hot syrup, and are packed into jars, whole or in halves, boiling syrup poured over and processed.

Small, soft fruits, such as berries and cherries, should not be pre-heated or "blanched," but packed fresh into cans and hot syrup poured over. They are then "processed" according to time directions by hot pack method.

Vegetables are, preferably, canned by Hot Pack Method rather than open kettle. Scald tomatoes, beets, carrots and parsnips to remove skin. Parboil hard vegetables five to ten minutes to soften and hasten sterilization. Pack in jars, cover with boiling salted water and process according to directions.

Greens are pre-heated for five minutes to reduce bulk.

Do not try to do too much canning in one day. Better do smaller amounts of fresh fruits and vegetables daily.

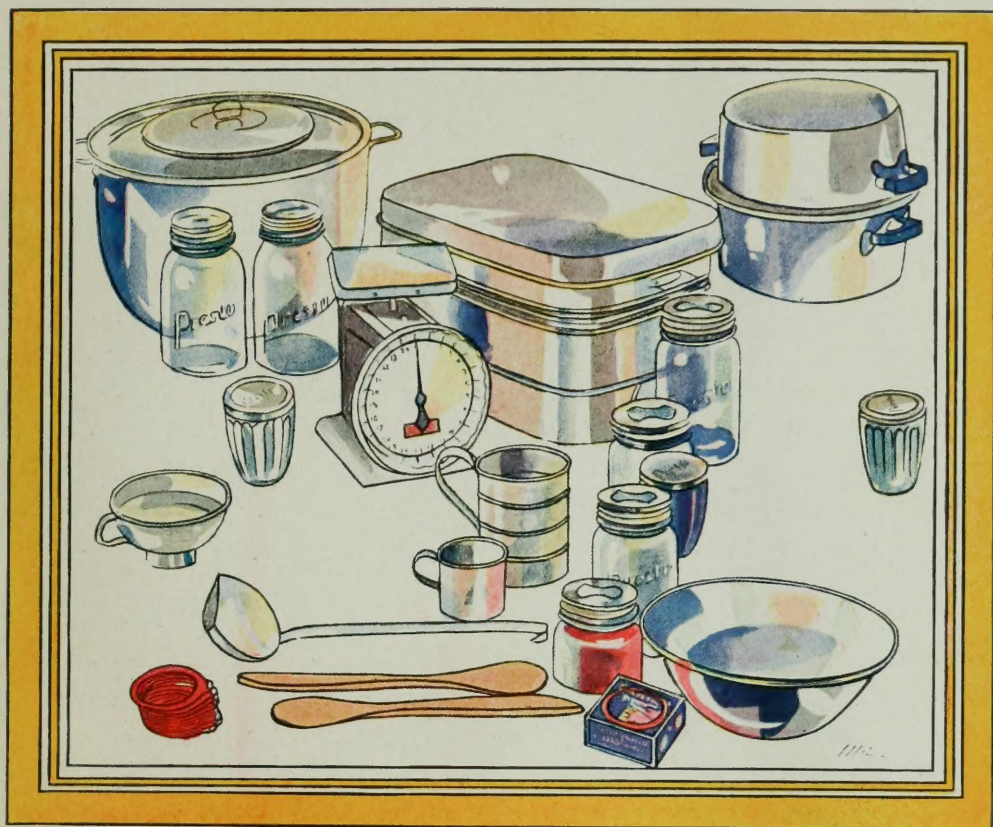
Sterilize jars and rubbers, bringing to a boil on stove, and keeping hot until used. Do not wipe inside. Sterilize rubbers by scalding, dipping quickly into boiling water.

Do not wipe syrup from rubbers and jar tops but screw tops on without. Syrup helps in sealing.

Use new jar rubbers each year. Rubbers are cheap and old ones may cause spoilage. Rubbers with "lips" are easier to remove than those without. A rubber must fit absolutely tight and be elastic.

You do not need to use fork or knife to remove top if you use a lipped ring.

Be sure to examine all canned foods when taking from jar to see that they are fresh, sweet and unspoiled.



EQUIPMENT

for Easy and Convenient Home Canning

THE equipment necessary for home canning is very simple.

A large aluminum preserving kettle. (Because little or no stirring is necessary.) Size will depend upon amount of canning done, but it should be generous.

A long handled wooden spoon.

A cooker with racks for the Hot or Cold Pack Method.

This may be of commercial type, or a washboiler with rack in bottom will do. The commercial type usually has handles for lifting.

The Steam Cooker and the Pressure Cooker are both successfully used. Directions for canning accompany these.

A blanching dish or basket.

Funnel, ladle, sharp knives, measuring cup, scales, thermometer, bowls, pans, spoons.

Presto Jars, Caps and Rings.



SPRING

and Joy in Preserving all its Flavor

SOCIETY nowadays not only "says it with flowers" but "knows its vegetables." Suburban and country dwellers pridefully invite their downtown friends to their homes in order to boast of the fruits and vegetables they have raised. First fruits and vegetables from the market are lacking in flavor, but the same products canned at the height of their season are luxuries to be had the year around.

MENUS

to Enliven the Tired Appetite

EASTER DINNER

Daffodil Soup (P. 13)
 Ham Baked in Red Cherry Juice
 Riced Potato—Jonquil Carrots (P. 15)
 Jellied Tomato and Asparagus Salad (P. 14)
 Peach Ice Cream (P. 22)

EASTER LUNCHEON

Fruit Cup
 Creamed Egg and Asparagus on Toast
 Easter Salad (P. 16)
 Hot Cross Buns
 Spanish Cream (P. 16) Fruit Sauce

ST. PATRICK'S DAY DINNER

Spinach Soup (P. 13) Cheese Sticks
 Lamb Chops (Green Paper Frills)
 Mashed Potatoes (garnish with green pepper
 shamrocks)
 String Beans—Pear Salad (tinted green)
 Pistachio Ice Cream
 Green and White Mints—Coffee

BRIDESMAIDS' LUNCHEON

Cherry Cocktail
 Creamed Sweetbreads and Asparagus
 in Patty Shells—Potato Chips
 Peach and Cream Cheese Salad (P. 17) Rolls
 Raspberry Mold (P. 13) Bride's Cake

BIRTHDAY DINNER

Cold Fruit Soup
 Fried Chicken (P. 15) Spiced Currant Relish
 Parsley Creamed Potatoes—Wax Beans
 Beet and Cucumber Salad
 Strawberry Ice (P. 17) Birthday Cake

SUNDAY DINNER

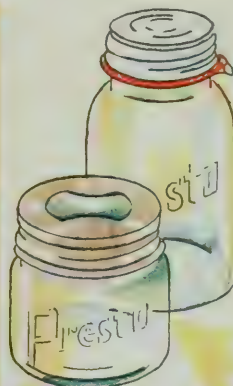
Cream of Squash Soup (P. 15)
 Veal Cutlets—Tomato Sauce
 Baked Cabbage—Mashed Potatoes
 Rhubarb Jelly Salad (P. 13)
 Butterscotch Tapioca with Fruit (P. 15)

FAMILY DINNER

Hamburg and Lima Bean Loaf (P. 14)
 Tomato Sauce
 Swiss Chard—Baked Potatoes
 Pickled Beets
 Fruit Sponge—Custard Sauce

FAMILY LUNCHEON

Vegetable Loaf (P. 14)—Bacon
 Tomato Sauce
 Jellied Fruit Salad (P. 14)
 Applesauce Gingerbread (P. 15)
 Tea



Jellied Tomato and Asparagus Salad (P. 14)

OVEN DINNER

Stuffed Baked Fish—Carrot Sauce (P. 16)
Spinach Timbale—Baked Potato
Jellied Tomato Salad (P. 17)
Blueberry Cottage Pudding (P. 13)—Vanilla
Sauce

VEGETABLE DINNER

Peppers Stuffed with Corn
Glazed Carrots (P. 14)
Pimiento Potato Balls
Dandelion Greens Salad—French Dressing (P. 22)
Graham Bread
Apple Sponge Pie (P. 17)
Coffee

SIMPLE LUNCHEON

Molded Chicken and Asparagus (P. 15)
Vegetable Salad (P. 23)
Muffins
Apple Pudding (P. 16)—Lemon Sauce (P. 40)
Tea

FAMILY SUPPER

Tomato and Corn Casserole (P. 14)
Currant Jelly
Toasted Rolls
Sliced Peaches—Cookies
Tea

BRIDGE LUNCHEON

Clear Tomato Soup
Individual Spinach Ring (P. 16)
Egg and Mushrooms in Cheese Sauce
Lyonnaise Potatoes—Biscuits
Fruit Ice Cream (P. 17)

MAY DAY BREAKFAST

Grapefruit Baskets (P. 13)
Chicken and Rice Omelet (P. 16)
Waffles—Maple Syrup
Coffee

COMPANY SUPPER

Cream of Corn Soup
Pickled Peaches—Radishes
Chicken and Vegetable Salad
Raspberry Biscuits (P. 17)
Green Plum Ice Cream (P. 17)
Cake



All photographs in natural color by Paul Weir Cloud, Boston.



Grapefruit Basket



Raspberry Mold

RECIPES

for Variety in Varied Menus

GRAPEFRUIT BASKETS

Cut grapefruit in the shape of baskets, remove the pulp and fill with canned diced pears, peaches and cherries. Garnish top with candied flowers.

DAFFODIL SOUP

<i>1 quart milk</i>	<i>3 tablespoons flour</i>
<i>1 onion chopped fine</i>	<i>Salt, pepper</i>
<i>4 tablespoons butter</i>	<i>4 hard cooked eggs</i>

Parsley

Sauté onion in butter, add flour and blend smooth. Add milk slowly and cook until thickened, stirring constantly. Season with salt and pepper. Cut the eggs open, remove yolk, chop white very fine and add to soup.

Serve hot. Sprinkle each serving with chopped parsley and place half an egg yolk on top.

BLUEBERRY COTTAGE PUDDING

<i>¼ cup shortening</i>	<i>2 teaspoons baking powder</i>
<i>1 cup sugar</i>	
<i>2 eggs</i>	<i>½ teaspoon salt</i>
<i>1¾ cup flour</i>	<i>½ cup milk</i>
	<i>1 cup canned blueberries</i>

Cream shortening and sugar together, add well beaten eggs. Mix and sift dry ingredients and add alternately with the milk. Add blueberries which should be well drained. Turn into a greased cake pan and bake in a moderate oven. Time, 45 to 55 minutes. Temperature, 350° F.

RASPBERRY MOLD

<i>¾ cup canned rasp-berries</i>	<i>1½ tablespoons gelatine</i>
<i>¾ cup canned rasp-berry juice</i>	<i>2 tablespoons cold water</i>
	<i>1 tablespoon lemon juice</i>
	<i>1 cup cream</i>

Mash raspberries or put through sieve, add raspberry juice and heat to boiling point. Add gelatine softened in cold water. Stir until dissolved. Cool and when beginning to harden, fold in whipped cream. Turn into molds to chill.

SPINACH SOUP

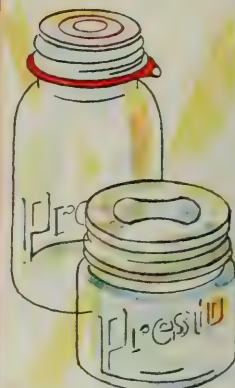
<i>1 quart milk</i>	<i>1 pint canned spinach</i>
<i>3 tablespoons flour</i>	<i>Salt, pepper, paprika</i>
<i>3 tablespoons butter</i>	<i>1 tablespoon grated onion</i>

Heat milk in double boiler, thicken with the flour and butter. Press spinach through a coarse sieve and add to the milk. Season with salt, pepper, paprika and onion.

RHUBARB JELLY SALAD

<i>2 cups juice from canned rhubarb</i>	<i>1 tablespoon gelatine</i>
<i>¾ cup sugar</i>	<i>2 tablespoons cold water</i>
	<i>4 ounce package cream cheese</i>

Heat rhubarb juice, add sugar (if rhubarb is unsweetened) and gelatine that has been softened in cold water. Take half of the mixture and fill individual molds half full. Let this harden. Place a layer of softened cream cheese on this. Pour the remainder of gelatine mixture on top. Chill. Serve on lettuce with cream or mayonnaise dressing.



Vegetable Loaf

VEGETABLE LOAF

- | | |
|---------------------------|------------------------------|
| 1½ cups canned lima beans | 2 tablespoons bacon fat |
| 1 cup canned carrots | 2 teaspoons grated onion |
| 1 cup string beans | 1 tablespoon chopped parsley |
| ¾ cup dry bread crumbs | Celery salt, salt and pepper |
| 1 egg | ½ cup canned tomato |

Chop all vegetables, add crumbs melted fat, beaten egg and tomato. Pack in a greased loaf pan and bake in a moderate oven Time, 45 minutes. Temperature 350° F.

Serve hot with crisp bacon and tomato sauce.

TOMATO AND CORN CASSEROLE

- | | |
|-----------------------------|------------------------------|
| 1 cup canned corn | 1 tablespoon sugar |
| 2 cups canned tomatoes | Salt, pepper |
| 1 cup bread crumbs | 1 tablespoon chopped parsley |
| 2 eggs (beaten) | ¼ cup chopped green pepper |
| 2 tablespoons melted butter | |

Combine all ingredients place in greased baking dish and bake in a moderate oven until firm.

Time, 1 hour. Temperature, 350° F.

JELLIED FRUIT SALAD

- | | |
|----------------------------|-------------------|
| 1½ tablespoons gelatine | 1 cup fruit juice |
| ¼ cup cola water | ½ cup sugar |
| ½ cup hot water | ¼ cup lemon juice |
| 1½ cups diced canned fruit | |

Softens gelatine in cold water and dissolve in hot water. Add fruit juice, sugar and lemon juice. When the mixture begins to stiffen, add the fruit and turn into a mold. Serve with fruit salad dressing.

JELLIED TOMATO AND ASPARAGUS SALAD (P. 11)

- | | |
|----------------------------|--------------------------|
| 1 pint canned tomatoes | 1 teaspoon salt |
| 1 tablespoon chopped onion | 1 tablespoon sugar |
| Small piece Bay leaf | ½ teaspoon celery salt |
| 2 cloves | 1 tablespoon lemon juice |
| 1 tablespoon gelatine | 2 tablespoons cold water |

Simmer tomato for half hour with seasonings. Rub through a sieve and add gelatine which has been softened in cold water. Turn into ring molds and chill. Turn out onto crisp lettuce and fill centers with asparagus tips. Serve with French or Mayonnaise dressing.

HAMBURG AND LIMA BEAN LOAF

- | | |
|--------------------------|---------------------------|
| 2 cups canned lima beans | 1 green sweet pepper |
| ½ pound Hamburg Steak | 2 tablespoons Chili sauce |
| 1 egg | 2 tablespoons bacon fat |
| 1 medium sized onion | Salt and pepper |

Drain liquid from lima beans, chop and add to Hamburg. Add slightly beaten egg, chopped onion and green pepper, salt, pepper and Chili sauce. If mixture seems too dry, add some of the liquid strained from the beans. Pack into a greased loaf pan, dot top with fat, and bake until firm and brown. Serve hot with tomato sauce. Temperature, 350°. Time 1 hour.

GLAZED CARROTS

- | | |
|-----------------------|----------------------|
| 1 pint canned carrots | 3 tablespoons sugar |
| | 4 tablespoons butter |

Add sugar and butter to carrots and allow to cook slowly until syrup is almost cooked away and carrots are glazed.

FRIED CANNED CHICKEN

Use large pieces of canned chicken. Dip in flour, seasoned with salt and pepper, then in slightly beaten egg and roll in fine crumbs. Fry in deep fat.

APPLESAUCE GINGERBREAD (P. 39)

1 cup sweetened canned apple sauce
 $\frac{1}{4}$ cup molasses
 1 egg
 $\frac{1}{4}$ teaspoon nutmeg
 1 cup flour
 2 tablespoons shortening
 $\frac{1}{2}$ teaspoon soda
 Pinch of salt
 $\frac{1}{4}$ cup sugar
 $\frac{1}{3}$ cup sour milk
 $\frac{1}{2}$ teaspoon ginger

Spread apples in the bottom of greased cake pan, sprinkle with nutmeg. Cream shortening and add sugar. Add molasses, beaten egg, sour milk and flour sifted with remaining dry ingredients. Pour over the apples and bake in a moderate oven. Serve hot with whipped cream.

Time, 35 minutes. Temperature 325°.

MOLDED CHICKEN AND ASPARAGUS

1 cup chicken broth
 $1\frac{1}{2}$ tablespoons gelatine
 1 cup liquid from
 $\frac{1}{4}$ cup cold water
 canned asparagus
 1 cup diced canned chicken
 Celery salt, salt and pepper
 1 cup canned asparagus cut in pieces
 1 teaspoon lemon juice
 Pimiento

Heat chicken broth and asparagus liquid, add seasonings and gelatine, softened in cold water. Cool, and when beginning to harden, add chicken and asparagus. Turn into ring mold that has been garnished with pimiento and asparagus tips. Chill, unmold onto a large plate, fill center with vegetable salad and serve with mayonnaise dressing.



Molded Chicken and Asparagus

CREAM OF SQUASH SOUP

1 cup canned squash
 2 tablespoons flour
 1 quart milk
 Salt, pepper
 2 tablespoons butter
 $\frac{1}{2}$ teaspoon onion juice

Strain squash, add milk and heat in double boiler. Mix butter and flour together, add to soup and cook until thickened, stirring constantly. Season with salt, pepper and onion juice. Serve hot

BUTTERSCOTCH TAPIOCA WITH FRUIT

1 pint water
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{3}$ cup minute tapioca
 1 cup canned fruit
 Pinch salt
 (peaches, pears and cherries)
 3 tablespoons butter
 6 marshmallows

Cook tapioca in hot water in double boiler for 10 minutes, stirring often. Melt butter, add brown sugar and stir until sugar is dissolved. Add to tapioca mixture and continue to cook for 20 minutes or until thickened and clear. Dice fruit and place in a buttered baking dish. Pour tapioca over the fruit, place marshmallows on top and bake until marshmallows are brown. Serve hot with cream. Time in baking, 15 minutes. Temperature, 350°.

JONQUIL CARROTS

6 boiled potatoes
 2 tablespoons butter
 1 pint jar of whole carrots
 Salt and pepper

Put potatoes through potato ricer and pile lightly on a serving platter. Cut the carrots in quarters lengthwise, heat in saucepan with butter and seasonings. Place them around the riced potatoes, having the small end of the carrot at the top.



Jonquil Carrots



Spinach Ring

SPINACH RING

3 cups chopped canned spinach 2 eggs
2 tablespoons fat Salt, pepper
2 teaspoons lemon juice
1 tablespoon flour

Melt butter, add flour, blend well. Add spinach, remove from fire and add well beaten eggs and seasonings. Place in greased ring molds, set on a rack in a pan of hot water and bake until firm. Serve hot with hard cooked eggs and mushrooms in cheese sauce. Temperature, 350°. Time, 25 minutes.

SPANISH CREAM

2 cups milk Pinch salt
3 eggs 1½ tablespoons gelatin
½ cup sugar ¼ cup cold water
1 teaspoon vanilla

Scald milk. Beat egg yolks with sugar and salt, add to milk. Cook in double boiler, stirring constantly until the mixture thickens. Add the gelatine softened in cold water, and fold in the stiffly beaten egg whites, and vanilla. Turn into molds to chill. Serve with sauce made from canned fruits.

CARROT SAUCE (P. 43)

1 cup milk Salt, pepper
2 tablespoons butter 1 teaspoon horseradish
1 tablespoon flour Few drops Worcestershire Sauce
1 cup canned carrot purée ¼ teaspoon celery salt
1 teaspoon grated onion

Make a white sauce of milk, butter and flour, add the carrot purée and seasonings. Serve hot with baked fish.



Easter Salad

EASTER SALAD

6 halves of canned peaches 1 cream cheese
Vegetable coloring

Use half a large canned peach for each serving. Scoop out part of the center of the peach, leaving a nest to be filled with tiny eggs made by coloring and molding cream cheese. Egg shapes should be allowed to chill before placing in the peach.

APPLE PUDDING

2 cups canned apple sauce (sweetened) 1 teaspoon salt
½ teaspoon cinnamon 2 tablespoons sugar
¼ teaspoon nutmeg 3 tablespoons shortening
2 cups flour 1 egg
4 teaspoons baking powder ¾ cup milk (about)

Place apple sauce in the bottom of greased individual muffin pans, sprinkle with cinnamon and nutmeg. Sift flour, baking powder, salt and sugar. Work in the shortening, add beaten egg and milk to make a soft dough. Place some of the dough in each muffin pan on top of apple sauce. Bake in a hot oven. Serve with lemon sauce or whipped cream.

CHICKEN AND RICE OMELET

5 eggs ½ cup cooked rice
¾ cup canned chicken Salt, pepper

Beat yolks of eggs until thick and lemon colored; beat egg whites until stiff. Combine the two and lightly fold in the chicken, finely diced, and the rice. Add salt and pepper. Pour into a greased frying pan and cook slowly until puffy and slightly browned on the bottom. Then put into a moderate oven until firm. Fold and place on a hot platter. Temperature, 325°.

STRAWBERRY ICE

1 cup water 2 cups mashed canned strawberries
 ½ cup sugar 1 tablespoon lemon juice
 1 egg white

Boil sugar and water together for 5 minutes. Cool and add the mashed strawberries and lemon juice. Pack in ice and salt and freeze to a mush. Add stiffly beaten egg white and finish freezing.

GREEN PLUM ICE CREAM

2 cups canned green gage plums ½ cup sugar
 ½ cup syrup from plums 1 cup cream

Remove the pits from plums and press through a sieve. Add syrup and sugar, let stand until sugar is dissolved. Pack in ice and salt and freeze to a mush, then add the whipped cream. Continue freezing.

RASPBERRY BISCUITS (P. 43)

Make a rich baking powder biscuit dough, roll out in a thin rectangular sheet and spread with raspberry jam. Roll like a jelly roll and cut in one inch pieces. Place on greased baking pan or in muffin pans, with cut side down. Time, 20 minutes Temperature, 425°. Any kind of fruit jam may be substituted.

FRUIT ICE CREAM

1½ cups milk ½ cup canned cherries
 2 eggs ½ cup canned peaches
 ¾ cup sugar ¼ cup seedless raisins
 1 cup cream 2 tablespoons orange juice

Make a boiled custard of milk, sugar and eggs. Cool. Add beaten cream, raisins, cherries and peaches cut in small pieces. Add orange juice. Pack in ice and salt and freeze.

PEACH AND CREAM CHEESE SALAD

6 halves of canned peaches Cream
 1—4 ounce package cream Lemon juice
 cheese Chopped nuts

Use half a canned peach for each serving. Moisten the cream cheese with cream and lemon juice, fill the centers of the peaches and sprinkle with chopped nuts. Arrange on lettuce and serve with French dressing.

APPLE SPONGE PIE

¾ cup sugar 1 cup canned apple
 2 tablespoons flour sauce (unsweet-
 ¼ teaspoon nutmeg ened)
 1 tablespoon lemon 2 eggs
 juice 1½ cups milk
 Pastry

Mix sugar and flour and add apple sauce with nutmeg and lemon juice; add beaten egg yolks and milk. Beat whites stiff and fold in last. Pour into a pastry lined pie pan and bake until firm.

Temperature, 400° for 10 minutes; 325° for 30 minutes.

JELLIED TOMATO SALAD (P. 47)

1 qt. canned toma- 2 tablespoons sugar
 toes 1 teaspoon paprika
 1 medium onion 3 tablespoons lemon
 2 stalks celery juice
 ½ Bay leaf 2 tablespoons gelatine
 1 teaspoon mixed ½ cup cold water
 spices 1 tablespoon mayon-
 2 teaspoons salt naise
 1 teaspoon prepared mustard

Chop onion and celery, add to tomatoes and simmer with all seasonings for one half hour; put through a sieve. Soften gelatine in cold water and add to mixture. Add mayonnaise and prepared mustard with enough cold water to make up one quart of liquid. Turn into individual molds—or into one large mold. Chill. Serve on lettuce.



Vegetable Plate



SUMMER

Gathering Fragrant Winter Store

HOT days call for cooling foods and of course during the fruitful season we shall get most of these from our gardens and the markets. These, however, are the months when Paul and Peter work hand in hand, one paying into the pocket of the other. In the morning we replenish our stock from garden or market, and later we build our menus from the earlier store, and so give that variety for which our captious appetites call.

MENUS

to Give zest to Summer Meals

WEDDING BREAKFAST

Iced Cantaloupe Balls in Canned Peach Juice
Creamed Chicken in Timbale Cases
Peas and Asparagus
Finger Rolls—Strawberry Jam
Raspberry Mousse (P. 21)—Bride's Cake

BRIDAL LUNCHEON

Iced Watermelon Rings
Creamed Lobster and Peas
Potato Chips
Heart Shaped B. P. Biscuits
Molded Beet Salad (P. 23)
Frozen Pudding

COMPANY LUNCHEON

Vegetable Salad in Chicken-lined Molds (P. 24)
Sweet Pickles—Radishes
Blueberry Biscuits (P. 24)
Filled Raspberry Cakes (P. 24)

SUPPER MENU

Peppers Stuffed with Carrots and Peas
Pimiento Sauce
Fried Potatoes
Lettuce Sandwiches
Rice Custard—Regal Sauce (P. 21)

FOURTH OF JULY DINNER

Tomato Juice Cocktail (P. 25)
Steamed Salmon—Egg Sauce
Mashed Potato—Peas
Firecracker Salad (P. 21)
Vanilla Ice Cream—Red Cherry Sauce

INFORMAL DINNER

Casserole of Chicken and Vegetables (P. 23)
Jellied Pear Salad (P. 23)
Ice Cream—Fruit Marshmallow Sauce (P. 21)

BRIDGE LUNCHEON No. 1

Shell Fish Cocktail
Individual Veal Pies
Jellied Vegetable Salad—Rolls
Peach Ice Cream (P. 22)

SIMPLE LUNCHEON

Chilled Tomato Bouillon (P. 25)
Corn Soufflé (P. 23) Grape Jelly
Raisin Bran Muffins
Dream Pie (P. 25)



Firecracker Salad (P. 21)

HOT WEATHER LUNCHEON

Fruit Cocktail in Grape Juice (P. 25)
Cold Chicken Loaf (P. 25)—Vegetable Salad (P. 23)
Jam and Peanut Butter Sandwich
Brown Bread and Butter
Sponge Cake with Custard Filling
Strawberry Preserve Sauce

PORCH LUNCHEON

Cold Vegetable and Ham Loaf (P. 21)
Garnish with Tomato Slices
Potato Chips
Mustard Pickles—Sweet Pickles
Rolls (Buttered while hot)
Apple Tarts with Cheese Pastry (P. 22)

PICNIC MENU

Jellied Chicken Loaf—Vegetable Salad (P. 23)
Graham Bread—Cream Cheese Sandwich
Bread and Butter Sandwiches
Olives—Sweet Pickles
Raspberry Cup Cake Surprise (P. 23)
Gooseberry Tarts
Fruit Punch (P. 22)

SUNDAY DINNER

Lamb Chops—Baked Potato
Carrot Custard (P. 22)—Green Pea Sauce (P. 25)
Pear Molded in Mint Jelly (P. 24)
Peach Tart (P. 22)

BRIDGE LUNCHEON No. 2

Cream of Carrot Soup (P. 24)
Sliced Tongue—Potato Chips
Macedoine of Asparagus and Peas (P. 22)
Bavarian Cream—Peach Sauce
Iced Tea

FAMILY DINNER

Scalloped Ham and Potato
Chopped Buttered Beets
Frozen Cheese and Fruit Salad (P. 21)
Rhubarb Tapioca (P. 22)

PLATE LUNCHEON

Sliced Chicken—Baked Potato
Canned Swiss Chard
Muffins
Ginger Ale Fruit Salad (P. 25)
Wafers





Frozen Cheese and Fruit Salad



Ice Cream—Fruit Marshmallow Sauce

RECIPES

for Seasonal Summer Menus

FROZEN CHEESE AND FRUIT SALAD

- | | |
|------------------------------|---|
| $\frac{1}{4}$ cup mayonnaise | $\frac{1}{2}$ cup cream |
| 1 tablespoon sugar | $\frac{1}{4}$ pound cream cheese |
| 1 tablespoon lemon juice | $\frac{1}{2}$ cup canned apricots (diced) |
| | $\frac{1}{2}$ cup canned raspberries |
| | $\frac{1}{2}$ cup canned pears (diced) |

Mix cream cheese and mayonnaise, add sugar, lemon juice and whipped cream. Add the canned fruit. Pour into a mold, seal carefully and pack in equal parts of ice and salt. Let stand three hours. Remove from mold, slice and serve on lettuce.

RASPBERRY MOUSSE

- | | |
|------------------------------|-------------------------|
| 1 cup canned raspberry juice | 1 teaspoon gelatine |
| $\frac{1}{4}$ cup sugar | 1 tablespoon cold water |
| | 1 cup cream |

Heat raspberry juice and sugar, add gelatine softened in cold water. Cool mixture and when it begins to thicken, fold in the whipped cream. Turn into a mold, seal carefully and pack in ice and salt and let stand three or four hours.

REGAL SAUCE

- | | |
|--------------------------|-----------------------------------|
| 2 cups fruit juice | 1 cup canned apricots |
| 2 tablespoons cornstarch | $\frac{1}{2}$ cup canned cherries |
| 2 tablespoons butter | 8 marshmallows |

Mix cornstarch and fruit juice, add butter, and cook until thickened. Add apricots cut in small pieces, cherries and marshmallows. Cool and serve on rice custard.

FRUIT MARSHMALLOW SAUCE

- | | |
|-------------------------|--------------------------|
| 1 cup sugar | 2 egg whites |
| $\frac{1}{2}$ cup water | 1 teaspoon lemon juice |
| 12 marshmallows | 1 cup diced canned fruit |

Boil sugar and water five minutes; add marshmallows and pour over the egg whites beaten stiff. Add lemon juice and canned fruit. Cool and serve on ice cream.

VEGETABLE AND HAM LOAF

- | | |
|--------------------------------|-----------------------------|
| 1 cup canned lima beans | $\frac{1}{2}$ cup milk |
| 1 cup canned carrots | 2 tablespoons fat |
| 1 cup chopped ham | 1 tablespoon onion juice |
| $\frac{3}{4}$ cup bread crumbs | 1 teaspoon prepared mustard |
| | 1 egg |

Chop vegetables, add remaining ingredients. Place in a greased loaf pan. Bake in a moderate oven until firm. Time, 1 hour. Temperature, 350° F.

FIRECRACKER SALAD (P. 19)

- | | |
|--------------|--------------------|
| Canned Pears | Vegetable Coloring |
| | Cocoanut |

Cut canned pears into cylindrical shaped pieces, using an apple corer. Color these a deep red with food coloring. Place a long piece of cocoanut in one end of the pear to represent the fuse of the firecracker. Arrange several on lettuce on individual salad plates. Serve with cream dressing.



Fruit Punch

FRUIT PUNCH

1 cup juice from canned raspberries
1 cup juice from canned rhubarb
 $\frac{1}{2}$ cup lemon juice
 $\frac{1}{2}$ cup sugar
3 cups water

Mix all ingredients, serve with chipped ice.

MACEDOINE OF ASPARAGUS AND PEAS

2 cups canned peas
2 cups canned asparagus
 $\frac{1}{2}$ cup French dressing
Strips of pimiento

Drain the peas and asparagus, cut in small pieces. Marinate with French dressing. Serve on lettuce garnished with strips of pimiento.

FRENCH DRESSING

3 tablespoons vinegar
1 teaspoon sugar
 $\frac{1}{2}$ cup salad oil
 $\frac{1}{4}$ teaspoon pepper
1 teaspoon salt

Mix seasonings, add vinegar and oil. Beat until thick and smooth.

PEACH TART

2 cups mashed canned peaches
1 cup raisins (chopped)
 $\frac{1}{2}$ cup peach juice
 $\frac{1}{4}$ cup sugar
1 tablespoon cornstarch
3 tablespoons orange juice
Tart shells
2 egg whites
4 tablespoons sugar

Combine mashed peaches, chopped raisins, peach juice; add sugar and cornstarch mixed together. Cook until thick. Cool, add orange juice and fill baked tart shells. Top with meringue made of egg whites and 4 tablespoons sugar. Bake in moderate oven until meringue is brown. Time, 20 minutes. Temperature, 325° F.

PEACH ICE CREAM

1½ cups milk
1 cup sugar
2 eggs
1 cup canned peach purée
1 tablespoon lemon juice
1 cup cream

Heat milk in double boiler, add sugar and beaten eggs. Cook until slightly thickened. Cool, add peach purée, lemon juice and whipped cream. Pack in ice and salt and freeze.

CARROT CUSTARD

2 cups canned carrots
2 eggs
Salt, pepper
1 cup milk
2 tablespoons butter

Chop or grind the carrots. Beat the eggs, add milk and melted butter; add to the carrots. Season to taste. Place in custard cups and bake in a moderate oven until firm. Turn out and serve hot with creamed green peas. Time, 30 minutes. Temperature, 325° F.

RHUBARB TAPIOCA

2 cups canned rhubarb
1 cup sugar
3 tablespoons minute tapioca
 $\frac{1}{4}$ teaspoon salt

Put rhubarb in double boiler, add sugar, tapioca and salt. Cook for 20 minutes, stirring often. Chill and serve with whipped cream.

CHEESE PASTRY

2 cups flour
 $\frac{1}{2}$ teaspoon salt
6 tablespoons shortening
Water
1 cup grated cheese

Sift flour and salt; work in shortening. Stir in enough water to hold the pastry together. Add grated cheese. Roll out as usual.

JELLIED PEAR SALAD

6 halves of canned pears 1 tablespoon lemon juice
12 canned red cherries ¼ cup sugar
1½ cups cherry juice 1 tablespoon gelatine
2 tablespoons cold water

Fill the cavity of canned pears with red cherries and place cavity side down in individual molds. Heat the cherry juice, add the gelatine softened in cold water, lemon juice and sugar. Let stand until cold, then pour the mixture over the pears. Serve with a cream dressing.

CORN SOUFFLÉ

2 tablespoons butter 2 cups canned corn
3 tablespoons flour 3 eggs
1½ cups milk Salt, pepper

Make a white sauce of the butter, flour and milk. Add the corn and beaten egg yolks. Season with salt and pepper and fold in the egg whites beaten stiff. Turn into a greased baking dish and bake in a moderate oven until firm. Time, 45 minutes; temperature, 350° F.

CASSEROLE OF CHICKEN AND VEGETABLES

4 cups canned chicken broth 1 cup diced canned carrots
8 tablespoons flour 1 cup canned peas
Salt, pepper 2 cups diced cooked potatoes
1 pint canned chicken 1 cup cooked small onions

Thicken the chicken broth with the flour, mixed to a smooth paste with a little water. Season. Place the chicken and vegetables in a casserole and pour the chicken gravy over it. Place in a moderate oven for half an hour to become thoroughly heated.

RASPBERRY CUP CAKE SURPRISE

Rich pastry Raspberry jam
Cup cake mixture

Roll pastry thin and cut in squares large enough to line cup cake pans, leaving the four corners a little above the top of the pans. Place a tablespoon of raspberry jam in the pastry-lined cup cake pans and then fill two-thirds full with any good cup cake mixture. Fold the points of pastry into the center. Bake in a moderately hot oven. Time, 25 minutes. Temperature, 375° F.

VEGETABLE SALAD

2 cups diced cooked potatoes Salt, pepper
2 cups diced canned carrots 1 tablespoon chopped parsley
2 cups canned peas 2 hard cooked eggs
1 tablespoon chopped onion 1 cup French dressing

Marinate the vegetables with French dressing and season with salt and pepper. Line a salad bowl with lettuce, fill with the vegetable salad. Garnish with chopped hard cooked eggs.

MOLDED BEET SALAD

8 small canned beets Small piece stick cinnamon
1¼ cups water Small piece Bay leaf
¼ cup mild vinegar 3 cloves
¼ cup sugar 2 tablespoons cold water
1 tablespoon gelatine

Cook water with seasonings for 5 minutes, strain, add gelatine softened in cold water. When mixture begins to thicken, add beets cut in small cubes. Turn into individual molds. Garnish with slices of olive and strips of hard-cooked egg white. Serve on lettuce with mayonnaise.



Casserole of Chicken and Vegetables



Molded Beet Salad



Filled Raspberry Cake

FILLED RASPBERRY CAKES

*Individual Sponge Cakes Raspberry Jam
Whipped Cream*

Bake sponge cake in individual cup cake pans. Remove the center and fill with raspberry jam. Garnish with whipped cream.

VEGETABLE SALAD IN CHICKEN-LINED MOLDS

$1\frac{1}{2}$ cups ground canned chicken	1 bouillon cube
2 tablespoons mayonnaise	Salt, pepper
$1\frac{1}{2}$ cups boiling water	1 tablespoon sugar
1 tablespoon gelatine	1 cup diced canned carrots
2 tablespoons cold water	$\frac{1}{2}$ cup canned peas
2 tablespoons lemon juice	$\frac{1}{2}$ cup canned string beans
2 tablespoons chopped pimiento	

Mix the mayonnaise and ground chicken; line individual molds with this mixture, pressing it firmly around the inside of the molds. Let this chill and fill with jellied salad. Pour the boiling water over the gelatine, softened in cold water. Add lemon juice, bouillon cube, salt, pepper and sugar. Let stand until it begins to harden and add vegetables. Fill the molds, chill, unmold and serve on lettuce with mayonnaise dressing.

FRUIT COCKTAIL

2 grapefruit 1 pint canned peaches
1 cup grape juice

Separate grapefruit into sections and arrange in cocktail glasses with sliced peaches. Chill and just before serving pour grape juice over the fruit. Serve very cold.



Pear Molded in Mint Jelly

PEAR MOLDED IN MINT JELLY

$\frac{1}{2}$ cup mint leaves	1 tablespoon gelatine
2 cups water	2 tablespoons cold water
$\frac{1}{8}$ cup sugar	Green coloring
2 tablespoons lemon juice	6 halves of canned pears

Wash and chop mint leaves, add water and simmer for 15 minutes. Strain, add sugar and gelatine softened in cold water. Tint a delicate green. Place half a pear in each individual mold, pour the jelly over them. Chill, unmold and serve on lettuce with cream dressing.

BLUEBERRY BISCUITS

2 cups flour	2 tablespoons shortening
4 teaspoons baking powder	1 cup canned blueberries
1 teaspoon salt	$\frac{3}{4}$ cup milk (about)

Mix and sift flour, baking powder and salt. Work in the shortening with knife or pastry blender. Add part of the milk, the drained blueberries and enough more milk to make a soft dough. Drop by spoonfuls on a greased baking sheet and bake in a hot oven. Time, 20 minutes; temperature, 425° F.

CREAM OF CARROT SOUP

4 cups milk	2 tablespoons butter
$1\frac{1}{2}$ cups canned carrot pulp	Salt, pepper
	Few drops onion juice
2 tablespoons flour	

Make a white sauce of milk, flour and butter. Put the carrots through a purée strainer and combine with the white sauce. Season and serve hot. A teaspoon of whipped cream may be served on top of each portion.

TOMATO JUICE COCKTAIL

4 cups tomato juice Few drops onion juice
 $\frac{1}{4}$ teaspoon salt 2 Peppercorns
 $\frac{1}{4}$ teaspoon celery salt Small piece of Bay leaf
 1 teaspoon sugar

Drain liquid from canned tomatoes to get 4 cups juice, add the seasonings and simmer for 15 minutes. Chill and serve in bouillon cups.

CHICKEN LOAF

$2\frac{1}{2}$ cups ground canned chicken Salt, pepper
 $\frac{1}{4}$ teaspoon sage
 1 cup bread crumbs 4 tablespoons fat
 2 tablespoons onion (chopped) (chicken fat if possible)
 1 tablespoon chopped parsley $\frac{3}{4}$ cup milk or chicken stock
 1 egg

Mix ground chicken, bread crumbs, seasonings and melted fat, add the slightly beaten egg and stock. Put into a greased loaf pan and bake in a moderate oven until firm. Time, 1 hour. Temperature, 350° F.

CHILLED TOMATO BOUILLON

1 qt. canned tomatoes 2 teaspoons salt
 1 onion $\frac{1}{2}$ teaspoon paprika
 3 celery stalks Pinch of pepper

Simmer tomatoes, onion, celery and seasonings for one half hour. Drain through a sieve. Cool, chill, serve in bouillon cups with cheese wafers.

GREEN PEA SAUCE

1 pt. canned green peas $\frac{1}{2}$ teaspoon salt
 1 small onion $\frac{1}{2}$ cup cream
 $\frac{1}{2}$ teaspoon lemon juice

Simmer peas, onion and salt for one half hour. Strain through a sieve. Add cream and bring gently to serving heat in double boiler. Do not boil. Add lemon juice. Serve with carrot custard.

GINGER ALE FRUIT SALAD

1 cup diced canned pears 2 tablespoons sugar
 1 cup diced canned peaches $1\frac{1}{2}$ tablespoons gelatine
 $\frac{1}{2}$ cup fruit juice
 $\frac{1}{2}$ cup ginger ale
 1 tablespoon preserved ginger, cut fine $\frac{1}{4}$ cup cold water
 2 tablespoons lemon juice

Bring diced fruits and juice to boil, dissolve gelatine in cold water and add to fruit. Add sugar, lemon juice and preserved ginger. When cool add ginger ale and stir as it thickens. Put in molds and chill. Serve on lettuce with boiled dressing and whipped cream, half and half.

FRUIT COCKTAIL IN GRAPE JUICE

To vary the cocktail from those ordinarily made of seasonal fruits, use canned fruits and so add greater variety to menus.

Cut canned peaches and canned pears in small pieces and drain. Place in individual sherbet glasses, cover half way with grape juice and add fresh pitted red cherries that have been sprinkled with sugar and allowed to stand in the sun for several hours. The whole should be chilled before serving. Place a sprig of mint on each glass as it goes to the table.

DREAM PIE

Pastry $\frac{1}{4}$ teaspoon salt
 $1\frac{1}{2}$ cups milk 2 eggs
 $\frac{1}{3}$ cup sugar 1 teaspoon vanilla
 3 tablespoons flour $1\frac{1}{2}$ cups canned fruit

Make a cream filling of the milk, sugar, flour, salt, egg yolks and vanilla. Cool. Place the canned fruit in a baked pastry shell. (Pears, peaches, cherries or apricots may be used, or a mixture of any of them.) Pour the cream filling over the fruit. Top with meringue made from the two egg whites and 4 tablespoons sugar. Brown in a moderate oven. Time, 20 minutes. Temperature, 325° F.



Dream Pie



AUTUMN

the Season of Mellow Fruitfulness

THE opening of school, resumption of social activities, preparations for the holidays are the principal subjects of thought at this time of year. The necessity for nutritional and appetizing food is discussed elsewhere in this book. Here we shall give a few suggestive menus that can be prepared from the stock of home-canned goods with perfect assurance that they will fill the requirements for nutritional needs.

MENUS

to Recall Memories of Summer Days

THANKSGIVING DINNER

Cherry Cocktail or Bouillon
Celery—Cranberry Jelly—Pickles
Roast Turkey—Apple Stuffing (P. 30)
String Beans—Buttered Carrots
Steamed Blueberry Pudding (P. 31)
Nuts—Coffee—Grapes

HALLOWE'EN DINNER

Orange Bouillon
Steak with Broiled Mushrooms
Carrot Timbales (P. 33) Mashed Potatoes
Beet and Ripe Olive Salad
Individual Squash Pies (P. 29)
Coffee—Cider—Nuts—Mints

BRIDGE LUNCHEON No. 1

Individual Casserole of Corn and Oysters
(P. 32)
Spiced Jelly
Pear and Grated Cheese Salad (P. 29)
Rolls
Strawberry Layer Cake (P. 29)

AFTERNOON REFRESHMENTS

Hot Chicken Sandwich
or Club Sandwich (P. 32)
Currant Jelly
Melba Tart

CHILD'S PARTY

Creamed Chicken on Toast
Carrot Boats filled with Peas (P. 31)
Strawberry Jelly—Whipped Cream
Birthday Cake

FAMILY LUNCHEON

Frankfurts with Corn and Beans (P. 31)
Mustard Pickles
Graham Muffins
Caramel Fruit Bread Pudding (P. 33)
Tea

EASY SUNDAY DINNER

Pear and Grapefruit Cup
Fricassee of Lamb—Rice
Fried Peaches (P. 29)—Spinach
String Bean and Beet Salad
Mince Pie (P. 41)—Cheese

BRIDGE LUNCHEON No. 2

Rice Ring—Chicken and Mushrooms
in Tomato Sauce (P. 29)
Peach Fritters (P. 30)—Lemon Sauce (P. 40)
Rolls
Raspberry Ice Box Cake (P. 33)



Raspberry Ice Box Cake (P. 33)

FAMILY DINNER

Sausage—Lima Beans and Tomato (*P. 31*)
Spinach Soufflé (*P. 33*)
Vegetable Salad (*P. 31*)
Bran Bread
Strawberry Shortcake (*P. 32*)

VEGETABLE DINNER

Cream of Pea Soup
Baked Potatoes—Buttered Parsnips
Corn Fritters (*P. 31*)
Beet and Carrot Salad—Cheese Crackers
Blackberry Roll (*P. 30*)—Sauce

INFORMAL BRIDGE DINNER

Corn and Oyster Soup (*P. 29*)
Stuffed Veal Rolls (*P. 33*)—Mashed Potato
Harvard Beets (*P. 30*)
Sweet Tomato Pickle
Crabapple Jelly
Rolls
Gooseberry Tarts
Coffee

LUNCHEON

Asparagus and Cheese in Patty Shells (*P. 30*)
French Fried Potatoes
Tinted Fruit Salad (*P. 32*)
Raisin Bread
Cream Puffs

BIRTHDAY LUNCHEON

Asparagus Soup
Chicken and Corn Croquettes (*P. 30*)
Green Pepper Sauce
French Fried Potatoes
Stuffed Beet Salad (*P. 33*)—Rolls
Strawberry Ice Cream—Birthday Cake

SIMPLE LUNCHEON

Vegetable Omelet (*P. 32*)
Jelly
Graham Bread and Butter Sandwich
Jellied Fruit (*P. 32*)—Whipped Cream
Vanilla Wafers

INFORMAL DINNER

Fruit Cup
Baked Ham—Mustard Sauce
Dandelion Greens—Browned Potatoes
Tomato Cream Salad
Apple Meringue Pie—Cheese





Rice Ring with Chicken



Individual Squash Pies

RECIPES

for Autumnal Appetizing Menus

RICE RING WITH CHICKEN

1 cup rice ½ cup milk
2 egg yolks 2 tablespoons butter

Cook rice in salted boiling water until tender, and drain. Beat egg yolks and add with milk and melted butter to the rice. Pack into a well greased ring mold and bake in a moderate oven until set. Turn out on a platter and fill the center with chicken and mushrooms in tomato sauce.

CORN AND OYSTER SOUP

1 quart milk ½ pint oysters
2 tablespoons flour 1 cup canned corn
4 tablespoons butter 1 teaspoon grated onion
Salt, pepper, celery salt

Heat milk in a double boiler, thicken with the flour and butter. Cut oysters in small pieces, drain and grind corn and add to the milk. Let this cook for 5 minutes. Season and serve hot.

PEAR AND GRATED CHEESE SALAD

3 canned pears 1 cup grated American cheese
Paprika

Cut canned pears in slices and arrange on lettuce, allowing one-half pear for each serving. Grate a generous amount of cheese over the pears and sprinkle with paprika. Serve with French or mayonnaise dressing.

INDIVIDUAL SQUASH PIES

2 cups canned squash ¼ teaspoon ginger
2 eggs ¼ teaspoon cinnamon
1 cup sugar 2 cups milk
½ teaspoon salt Pastry

Mix squash with beaten eggs, sugar and remaining ingredients. Pour into pastry-lined tart tins. Place in hot oven and reduce the temperature after five minutes. Cool, remove from tart pans, garnish with sweetened whipped cream.

Time in baking, 5 minutes at 425°; 25 minutes at 350°.

STRAWBERRY LAYER CAKE (P. 5)

3 layer sponge cake 1½ tablespoons gelatine
2½ cups canned straw- 4 tablespoons cold
berries water
1 tablespoon lemon juice

Mash strawberries. Soften gelatine in cold water, dissolve over hot water and add to the strawberries. Add lemon juice. Pour into two pans of same size as those in which the layer cakes were baked. Allow to harden, unmold onto the cake layers, placing one on top of the other. Cover top layer with whipped cream.

FRIED PEACHES

Drain canned peaches and dry on a towel. Roll in flour, place in a hot well buttered frying pan and sauté to a golden brown.



Chicken and Corn Croquettes

CHICKEN AND CORN CROQUETTES

3 tablespoons fat	1 cup corn
1 tablespoon chopped onion	Salt and pepper
5 tablespoons flour	1½ cups chopped canned chicken
¼ cup milk	Egg, crumbs

Melt fat in frying pan, add chopped onion and cook until slightly browned. Rub flour into the fat and gradually add milk and corn. Cook until thick, stirring constantly. Season and add the chopped chicken. Spread out on a shallow pan to cool. Form into croquettes. Dip in crumbs, egg and crumbs again, and fry until brown in hot fat.

Time in cooking, 4 minutes. Temperature of fat 370°.

PEACH FRITTERS

1½ cups flour	⅔ cup milk
2 teaspoons baking powder	1 egg
¼ teaspoon salt	Peaches

Sift dry ingredients, add well beaten egg and milk. Drain canned peaches and cut them, allowing one-quarter peach for each fritter. Dip each piece in the batter and fry in deep fat, until brown on all sides. Temperature 360 degrees.

HARVARD BEETS

1 pint canned beets	½ tablespoon cornstarch
½ cup sugar	½ cup vinegar

Cut beets in thin slices. Mix sugar and cornstarch, add vinegar and let boil 5 minutes. Pour over the beets and let them stand half an hour where they will keep hot but will not boil.

BLACKBERRY ROLL

2 cups flour	4 tablespoons shortening
3 teaspoons baking powder	About ⅔ cup milk
½ teaspoon salt	1½ cups blackberry jam

Sift together flour, baking powder and salt, cut in the shortening and mix to a dough with the milk. Turn out on a floured board, roll into an oblong shape about one-fourth inch thick, spread with the jam. Moisten edges, roll up and press the edges together. Lay in a greased baking pan and bake in a moderate oven. Serve with hard or vanilla sauce.

Time, 40 minutes. Temperature, 350°.

APPLE STUFFING

4 cups bread crumbs	1 teaspoon salt
3 cups canned apple	¼ teaspoon pepper
1 small onion (chopped)	¼ teaspoon cinnamon
½ cup celery (chopped)	4 tablespoons melted fat

Hot water

Mix all the ingredients and add sufficient hot water to moisten.

ASPARAGUS AND CHEESE IN PATTY SHELLS

2 tablespoons butter	1½ cups grated yellow cheese
3 tablespoons flour	Salt, pepper
2 cups milk	2 cups canned asparagus

Make a cream sauce of the butter, flour and milk. Add grated cheese and seasonings, stir until cheese is melted. Add asparagus cut in small pieces. Serve in patty shells.

LIMA BEANS AND TOMATO

2 cups canned tomato 3 cloves
3 tablespoons chopped onion ½ Bay leaf
2 tablespoons chopped green pepper 3 cups canned lima beans
1 teaspoon sugar

Mix the tomato, chopped onion, green pepper and seasonings and simmer for half an hour. Remove the Bay leaf and cloves. Add lima beans and turn into a baking dish, sprinkle top with buttered crumbs and brown in a hot oven.

FRANKFURTS WITH CORN AND BEANS

2 tablespoons fat 2 cups canned kidney beans
1 medium sized onion 1 cup canned corn
1 green pepper ½ cup water
½ pound frankfurts
Salt and pepper

Melt fat in frying pan and sauté chopped onion and chopped green pepper until lightly brown; then add frankfurts cut in one inch pieces and cook a few minutes longer. Add beans, corn and water, season with salt and pepper. Cook slowly until thoroughly heated.

VEGETABLE SALAD

2 cups chopped canned string beans ¼ cup finely chopped onion
1 cup finely chopped cabbage ½ cup finely chopped beets
2 pimientos or sweet peppers, chopped

Mix, season with salt and pepper. Marinate with French dressing. Serve on lettuce with mayonnaise.

CORN FRITTERS

2 cups canned corn 2 cups flour
1 egg 1 teaspoon baking powder
2 teaspoons melted shortening 1 teaspoon salt
½ cup milk Pepper

Mix corn, beaten eggs, shortening and milk, and add dry ingredients sifted together. Fry in deep fat.

Temperature of fat, 375°. Time, 3 minutes.

CARROT BOATS FILLED WITH PEAS (P. 47)

Canned carrots Melted butter
Canned peas Salt and pepper

Cut the carrots in halves lengthwise, hollow out the centers and cut to represent tiny boats. Place in a pan, season with salt, pepper and melted butter and heat thoroughly in the oven. Just before serving, fill with canned peas that have been heated and seasoned. These may be served in a "sea" of mashed potato.

STEAMED BLUEBERRY PUDDING

½ cup shortening 2½ cups flour
1 cup sugar 3 teaspoons baking powder
2 eggs ½ teaspoon salt
1 teaspoon vanilla ¾ cup milk
1 cup canned blueberries (drained)

Cream shortening and sugar together, add well beaten eggs and flavoring. Sift flour, baking powder and salt, and add alternately with the milk. Add blueberries last. Pour into well greased pudding mold and steam 2½ hours. Serve with lemon sauce.



Vegetable Salad



Steamed Blueberry Pudding



Jellied Fruit

JELLIED FRUIT

- | | |
|-------------------------------------|---|
| $1\frac{1}{2}$ tablespoons gelatine | 1 tablespoon lemon juice |
| 2 tablespoons cold water | $\frac{1}{4}$ cup sugar |
| $1\frac{1}{2}$ cups grape juice | 1 egg white |
| $\frac{1}{2}$ cup cold water | $\frac{3}{4}$ cup diced peaches, pears and cherries |

Soak gelatine in cold water. Heat grape juice and water. Add sugar, lemon juice and gelatine. Stir until dissolved. Divide the mixture and set half in a cool place; when it begins to harden, fold in the egg white beaten stiff and the diced fruit. Pour into a mold and when hard pour the rest of the grape juice mixture over it.

Serve with whipped cream.

VEGETABLE OMELET (P. 49)

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|--------------------------------------|--|
| 5 eggs | $\frac{1}{2}$ cup chopped string beans |
| $\frac{1}{2}$ cup chopped lima beans | $\frac{1}{2}$ cup chopped peas |
| Salt and pepper | |

Beat egg yolks until thick. Beat whites until stiff and fold into the yolk, add salt and pepper. Fold in chopped vegetables. Turn into a frying pan in which a little fat has been melted, cook slowly until slightly browned on the bottom. Then put into a moderate oven until firm. Fold and place on a hot platter.

Temperature 325° F.

CLUB SANDWICH

- | | |
|------------------------|---------------------|
| Buttered toasted bread | Lettuce |
| Canned chicken | Bacon |
| Tomatoes | Mayonnaise dressing |

Between two slices of toast put first lettuce, then a generous slice of chicken, two or three slices of tomato, two slices of crisp bacon and mayonnaise dressing. Garnish the top slice of toast with a lettuce cup filled with dressing.



Casserole of Corn and Oysters

CASSEROLE OF CORN AND OYSTERS

- | | |
|-------------------------|--------------------------|
| 2 cups canned corn | 2 cups milk |
| 1 pint of oysters | $\frac{1}{4}$ cup butter |
| 2 cups dry bread crumbs | Salt and pepper |
| | 1 green pepper |

Sauté oysters in one tablespoon of butter. Arrange corn, oysters and bread crumbs in alternate layers, season and moisten with milk. Sprinkle top with chopped green pepper and bread crumbs, and dot with the remaining butter. Bake in a moderate oven.

Time, 40 minutes. Temperature 350° F.

STRAWBERRY SHORTCAKE (P. 44)

- | | |
|-----------------------------|--------------------------------|
| 2 cups flour | 3 tablespoons shortening |
| 4 teaspoons baking powder | $\frac{3}{4}$ cup milk (about) |
| $\frac{1}{2}$ teaspoon salt | 1 pint canned strawberries |
| 2 tablespoons sugar | Cream |

Mix and sift dry ingredients and work in the shortening with a knife or with the fingertips. Add milk to make a soft dough. Roll to about one-half inch thickness and cut in rounds. Spread half of these with melted butter and cover with remaining rounds. Bake in a hot oven. Split and serve with crushed canned strawberries (or any other canned fruit) between the layers and on top. Garnish with whipped cream.

TINTED FRUIT SALAD (P. 51)

Use one half canned pear and one half canned peach for each serving. Tint cheek of pear rose color and stem and blossom ends with pale green. Tint cheek of peach yellow with faint touch of red. Use vegetable coloring. Serve on white lettuce leaf with marshmallow also tinted, with boiled fruit dressing.

SPINACH SOUFFLE

2 tablespoons butter or substitute
3 tablespoons flour
1 tablespoon onion juice
Salt, pepper
1 cup milk
1½ cups strained canned spinach
3 eggs

Melt butter, add flour and seasonings, and gradually add the milk. Add the spinach purée and the beaten egg yolks. Lastly fold in the beaten whites. Bake in a buttered baking dish in a moderate oven until puffed and firm. Serve with cheese sauce.

Time, 45 minutes. Temperature, 350°.

CARROT TIMBALES

2 cups finely chopped canned carrots
½ cup bread crumbs
1 teaspoon onion juice
½ cup stock from canned carrots
Salt and pepper
2 eggs
3 tablespoons butter

Mix chopped carrots, bread crumbs, seasonings and stock. Add the well beaten eggs and melted butter. Place in greased cups. Set in a pan of water and bake in a moderate oven until firm.

Time, 30 minutes. Temperature, 350°.

CARAMEL FRUIT BREAD PUDDING

2 cups stale bread crumbs
1 quart scalded milk
½ cup sugar
4 tablespoons hot water
¼ cup melted butter
2 eggs
¼ teaspoon salt
¼ cup raisins
1 cup canned fruit (peaches, apricots or cherries)

Soak bread crumbs in the hot milk. Caramelize ¼ cup of sugar and dissolve in the hot water, add to milk and bread. Add rest of sugar, butter, slightly beaten eggs, salt and fruit. Bake in a moderate oven.

Time, 1 hour. Temperature, 325° F.

STUFFED VEAL ROLLS (P. 49)

Veal steak
1 cup bread crumbs
½ cup canned carrots
½ cup canned peas
Salt, pepper
2 tablespoons melted butter
Few drops of onion juice

Mix bread crumbs, chopped carrots, peas, melted butter and seasoning. Cut steak into three inch squares and spread with vegetable stuffing. Roll tightly and fasten with tooth picks or skewers. Sear in a frying pan with a small amount of fat. When brown, cover with water or vegetable stock (from canned vegetables) and cook in a moderate oven, or cover and cook on top of the stove until tender. Thicken the liquid and serve as a sauce with the meat. Time, 1 hour. Temperature, 325° F.

RASPBERRY ICE BOX CAKE (P. 27)

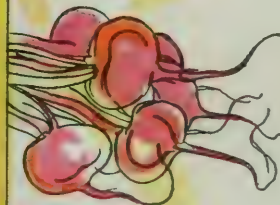
1½ cups canned raspberries (with juice)
1½ tablespoons gelatine
2 tablespoons cold water
1 tablespoon lemon juice
1 cup cream
2 dozen lady fingers

Put the raspberries through a sieve and heat to boiling point. Add gelatine softened in cold water, stir until gelatine is dissolved. Cool and when it begins to harden, fold in the whipped cream. Stand split lady fingers around the edge and on the bottom of mold. Fill with alternate layers of raspberry mixture and lady fingers. Set in ice-box for several hours or over night. Garnish with whipped cream and serve cold.

STUFFED BEET SALAD

6 canned whole beets
1 pint can asparagus tips
1 cup chopped canned carrots

Allow one large canned beet for each serving. Scoop out the center, put two or three asparagus tips in the beet cup and surround these with chopped canned carrots. Serve very cold on lettuce with French dressing.



Stuffed Beet Salad



WINTER

and Riches from the Cupboard Shelves

Now is the season when, most of all, we point with pride and gratification to our store of out-of-season foods. Strawberries in December and freshly canned vegetables in January are toothsome luxuries indeed. Winter menus are infinitely easier to prepare with a variety of healthful foods on which to draw, and these, too, are the days when one most appreciates having such a variety close at hand.

MENUS

to Put New Charm into the Daily Task

CHRISTMAS DINNER

Cherry Soup (P. 41)
 Currant Jelly—Spiced Grapes
 Roast Goose—Celery Stuffing
 Boiled Onions—Squash Soufflé (P. 37)
 Mashed Potato
 Poinsettia Salad (P. 37)
 Apple and Mince Pie (P. 41)
 Nuts—Coffee—Bonbons

NEW YEAR'S DINNER

Beet Soup
 Olives—Pickles
 Roast Loin of Pork—Riced Potato
 Waxed Beans—Mashed Turnips
 Apple Sauce Sherbet (P. 41)
 Endive Salad—Toasted Crackers
 Neapolitan Fruit Whip (P. 39)

BRIDGE LUNCHEON No. 1

Green Pea and Celery Soup (P. 37)
 Ham and Chicken Timbales (P. 40)
 Green Pea Sauce
 Lyonnaise Carrots, (P. 38)—Mashed Potatoes
 Stuffed Celery—Grape Jelly
 Rolls
 Peach Whip (P. 38)

MIDNIGHT SUPPER

Stuffed Eggs—Tomato and Green Pea Sauce (P. 39)
 Toasted Graham Bread
 Olives—Pickles
 Ice Cream—Spiced Peach Sauce (P. 39)

AFTERNOON REFRESHMENTS

Chicken Salad in Finger Rolls
 Mint Jelly and Cream Cheese Sandwiches
 Tea

FAMILY LUNCHEON

Vegetable Shortcake (P. 40)
 Stuffed Celery Salad
 Fried Fruit Triangles (P. 38)
 Vanilla Sauce

HOLIDAY SUPPER

Corn and Cheese Soufflé (P. 40)
 Mixed Sweet Pickles
 Blueberry Muffins (P. 39)
 Jelly Roll (P. 40)

WINTER BREAKFAST

Cooked Wheat Cereal with
 Raspberry Jam and Cream
 Sausages—Pancakes
 Fried Peaches (P. 29)



Blueberry Muffins (P. 39)

LINCOLN'S BIRTHDAY LUNCHEON

Cold Sliced Ham
Log Cabin Salad (P. 37)
Corn Bread
Baked Indian Pudding (P. 37)
Whipped Cream Fruit Sauce (P. 38)

SUNDAY DINNER

Cream of Tomato Soup
Roast Lamb—Brown Gravy
Buttered Carrots and Peas
Riced Potato
Mint Jelly—Celery
Blueberry Pie

VALENTINE LUNCHEON

Clear Tomato Soup—Toast in Heart Shape
Chicken Moussc (P. 39) (Garnish with Beet
Hearts)
Potato Chips
Baking Powder Biscuits
(Heart Shape)
Raspberry Ice Cream (P. 41)
Angel Cake

INFORMAL DINNER

Cream of Carrot Soup (P. 24)
Celery—Cranberry Jelly
Fried Canned Chicken (P. 15)
Buttered Beets, Creamed Potatoes, Peas
Swiss Chard Salad—Fr. Dressing (P. 22)
Cherry Sauce—Cup Cakes (P. 40)

BRIDGE LUNCHEON No. 2

Cream of Corn Soup
Rice Balls with Spinach Centers (P. 41)
Shrimp and Green Pea Sauce (P. 39)
Frozen Tomato Salad (P. 37)
Apricot Upside Down Cake (P. 41)

WASHINGTON'S BIRTHDAY DINNER

Tomato Juice Cocktail (P. 25)
Stuffed Olives—Celery
Maryland Chicken—Potato Timbales
Plum Jelly—Corn Pudding (P. 38)
Cherry and Pear Salad (P. 41)
Pumpkin Pie—Cheese
Nuts—Coffee—Bonbons

MID-WINTER LUNCHEON

Cream of Pea Soup
Minced Chicken and Carrot on Toast
Jellied Tomato and Asparagus Salad (P. 14)
Cheese Crackers
Steamed Cherry Pudding (P. 38)
Lemon (P. 40) or Nutmeg Sauce





Poinsettia Salad



Log Cabin Salad

RECIPES

for Making Midwinter Menus

Poinsettia Salad

6 canned beets 1 cup canned carrot, chopped
1 green pepper, chopped

Slice canned beets and cut in the shape of poinsettia petals. Arrange these petals on lettuce to form a poinsettia flower, using chopped canned carrot and chopped green pepper for the center. Serve with French dressing.

Squash Soufflé

2 cups canned squash 1 tablespoon melted butter
½ cup milk ter
1 teaspoon onion juice Salt, pepper
2 eggs

Mix mashed squash, milk, onion juice and butter, season with salt and pepper. Add beaten egg yolks and fold in the stiffly beaten egg whites. Place in a greased baking dish, bake in a moderate oven until firm.

Time, 45 minutes. Temperature, 350° F.

Green Pea and Celery Soup

3 cups milk 1 cup celery
2 tablespoons butter 1 sliced onion
2 tablespoons flour 1 cup water
1 cup canned peas Salt, pepper

Make a cream sauce of milk, butter and flour. Combine peas, celery, sliced onion and water, and simmer for 15 minutes. Put through a purée strainer and add to white sauce. Season and serve hot.

Log Cabin Salad

Canned Asparagus Tips Canned Vegetables

Pile canned asparagus, log cabin fashion, on lettuce on individual salad plates. Fill the center with a salad of mixed vegetables, lima beans, carrots, celery, peas, marinated with French dressing. Serve with mayonnaise.

Frozen Tomato Salad

2 cups tomatoes 1 teaspoon gelatine
1 small onion 1 tablespoon cold water
1 teaspoon sugar 1 tablespoon lemon juice
½ teaspoon salt
Bit of Bay leaf 1 tablespoon mild vinegar
1 clove

Cook tomatoes and seasonings for 10 minutes. Strain and add gelatine softened in cold water. Cool, add lemon juice and vinegar. Pack in ice and salt or in electric refrigerator tray. Let stand three or four hours.

Baked Indian Pudding

1 quart milk ½ cup molasses
¼ cup corn meal 2 teaspoons ginger
1 teaspoon salt

Scald milk, add corn meal slowly and cook in double boiler for twenty minutes, stirring often. Add molasses, ginger and salt and pour into buttered baking dish. Bake in a slow oven.

Time, 4 hours. Temperature, 300 degrees.



Peach Whip

PEACH WHIP

1½ cups purée of canned peaches
3 tablespoons orange juice
3 tablespoons cold water
3 teaspoons gelatine
½ cup cream
2 tablespoons sugar

Heat peach purée (some peach juice may be used if you wish), add sugar and orange juice. To ½ cup of the purée add 1 teaspoon gelatine softened in 1 tablespoon cold water. To the remaining purée add 2 teaspoons gelatine softened in 2 tablespoons cold water. When the smaller amount of mixture has begun to harden, fold in whipped cream. Turn into a mold. When this is firm, pour remainder of peach mixture on top. Chill, unmold and serve garnished with whipped cream and sliced peaches.

STEAMED CHERRY PUDDING

¼ cup shortening
⅔ cup sugar
1 egg and 1 egg white
1 cup cherries
1¾ cups flour
2 teaspoons baking powder
½ cup milk

Cream shortening and add sugar gradually; add beaten yolk of the egg. Mix and sift dry ingredients and add alternately with the milk. Add cherries which have been drained as dry as possible. Fold in the egg whites beaten stiff. Pour into buttered mold and steam one hour. Serve with lemon or nutmeg sauce.

CREAM FRUIT SAUCE

1 cup heavy cream
2 tablespoons powdered sugar
½ cup peaches, diced
½ cup cherries

Whip the cream, sweeten and add fruit. Serve with baked Indian Pudding.

FRIED FRUIT TRIANGLES

1 egg
½ cup sugar
½ cup sour milk
2 cups flour
Canned fruit
¼ teaspoon soda
1 teaspoon baking powder
¼ teaspoon nutmeg
1 tablespoon shortening

Beat egg until light. Add sugar. Add milk and remaining dry ingredients mixed and sifted together. Add melted shortening before all the flour mixture has been put in. Roll out to about one-quarter inch in thickness, cut in 3 inch squares, place a tablespoon of canned fruit in the center, moisten the edges and fold over, press edges together. Fry in deep fat. Serve hot with vanilla sauce.

Time, 3 minutes. Temperature, 365° F.

LYONNAISE CARROTS

3 cups sliced canned carrots
½ cup chopped onion
3 tablespoons fat
1 tablespoon chopped parsley
Salt and pepper

Heat fat and cook chopped onion in it until slightly yellow. Add the carrots and cook until browned. Add chopped parsley. Season with salt and pepper.

CORN PUDDING

1 pint canned corn
1 cup milk
4 eggs
Salt, pepper
2 tablespoons melted butter
½ cup dry bread crumbs

Mix the corn, milk, beaten eggs, seasonings and melted butter. Pour into a greased baking dish, sprinkle top with crumbs. Bake in a moderate oven until firm.

Temperature 350 degrees. Time, 45 minutes.

TOMATO AND GREEN PEA SAUCE

2 cups canned tomato Small piece Bay leaf
1 small onion (chopped) Salt
1 teaspoon sugar 2 tablespoons butter
1 clove 3 tablespoons flour
1 cup canned peas

Cook the tomato and seasonings for ten minutes. Rub through a sieve and add to the butter and flour, blended together. Cook until thick, add drained peas.

SHRIMP AND GREEN PEA SAUCE

2 cups milk 2 pimientos
3 tablespoons butter 1½ cups shrimp
4 tablespoons flour 1 cup peas
Salt, pepper

Make a white sauce of the milk, butter and flour. Season with salt and pepper, add the chopped pimientos, shrimps, cut in small pieces, and the peas drained. Serve with rice balls.

CHICKEN MOUSSE (P. 42)

1 tablespoon gelatine ¼ cup chopped green
2 tablespoons cold pepper
water 2 teaspoons lemon juice
¾ cup chicken stock Salt, pepper, celery
2½ cups canned chicken salt
1 cup cream

Soften gelatine in cold water and dissolve in hot stock. Add diced chicken, green pepper and seasonings. Let stand until cool, then fold in cream which has been whipped until stiff. Turn into a mold and let stand until firm. Serve garnished with slices of beets cut in heart shape.

BLUEBERRY MUFFINS (P. 35)

3 tablespoons shortening 3 teaspoons baking
2 tablespoons sugar powder
1 egg ½ teaspoon salt
2 cups flour ¾ cup milk
1 cup canned blueberries (drained)

Cream shortening and sugar, add beaten egg. Add milk alternately with the flour, baking powder and salt which have been sifted together. Add the blueberries last. Bake in greased muffin pans in a moderately hot oven.

Time 20 minutes. Temperature, 375°F.

SPICED PEACH SAUCE

1 pint canned peaches 2 tablespoons lemon juice
¼ cup sugar Stick cinnamon

To the peach syrup add the sugar, lemon juice and cinnamon and cook for ten minutes. Remove from fire and add the peaches cut in very small pieces. Chill and serve on ice cream.

NEAPOLITAN FRUIT WHIP

1 cup canned peach 2 tablespoons gelatine
purée 6 tablespoons cold water
1 cup canned raspberry 3 tablespoons lemon
purée juice
1 cup canned plum purée 1 cup cream

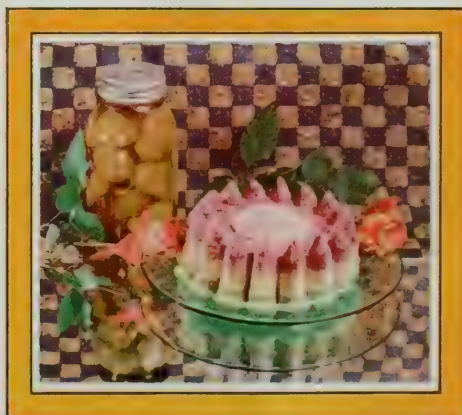
This is made in three layers; allow the gelatine mixture of one layer to become firm before adding the next layer.

Heat 1 cup of fruit purée, add to this 1 tablespoon lemon juice and 2 teaspoons gelatine softened in 2 tablespoons water. Let stand until partly thickened, then fold in ⅓ cup cream, whipped stiff. Pour into the mold to harden.

The layer of plum whip should be tinted a delicate green with food coloring.



Applesauce Gingerbread (P. 15)



Neapolitan Fruit Whip



Mince Pie (P. 41)

HAM AND CHICKEN TIMBALES

1 cup ground canned chicken	¼ cup meat stock
1 cup ground cooked ham	2 eggs
1 tablespoon fat	Salt, pepper, paprika
½ cup dry bread crumbs	1 tablespoon minced parsley
½ cup thin white sauce	1 tablespoon minced onion

Mix the ground meat with the fat, bread crumbs and liquid; cook for 5 minutes. Add beaten egg yolks and seasonings. Beat the egg whites and add last. Put into greased individual molds, set in a pan of hot water and bake one-half hour. Unmold and serve with green pea sauce.

Temperature, 350 degrees. Servings 6.

CUP CAKES (P. 51)

$\frac{1}{3}$ cup shortening $\frac{1}{2}$ cup milk
 1 cup sugar $1\frac{1}{2}$ cups flour
 2 eggs 2 teaspoons baking powder
 1 tablespoon vanilla $\frac{1}{4}$ teaspoon salt

Cream shortening, add sugar gradually. Add well beaten eggs and vanilla. Add the milk alternately with the flour, mixed and sifted with baking powder and salt. Beat thoroughly. Turn into greased cup cake pans.

Bake at 375 degrees for 25 minutes.

LEMON SAUCE

$\frac{1}{2}$ cup sugar
 $1\frac{1}{2}$ tablespoons cornstarch
 $\frac{1}{8}$ teaspoon salt

$1\frac{1}{2}$ cups boiling water
2 tablespoons butter
2 tablespoons lemon juice

Mix sugar and cornstarch, add water and salt and boil until thick and clear, stirring constantly. Add butter and lemon juice.



Jelly Roll

JELLY ROLL

3 eggs
1 cup sugar
 $\frac{1}{4}$ cup cold water
1 teaspoon flavoring
1 cup flour

1 teaspoon baking powder
Pinch salt
2 tablespoons melted
shortening
1 cup fruit jelly

Beat egg yolks until thick, add sugar gradually, beating constantly. Add cold water and flavoring. Add flour and baking powder sifted together, add the melted shortening and fold in the stiffly beaten egg whites. Turn into a jelly roll pan lined with greased paper. Bake in a moderately hot oven—375° F. for 20 minutes. Turn out on a damp cloth, cut off crisp edges, spread with jelly. Roll up quickly.

CORN AND CHEESE SOUFFLÉ

2 tablespoons butter
4 tablespoons flour
2 cups milk
 $\frac{3}{4}$ cup grated cheese

1 cup corn
3 eggs
Salt, pepper
 $\frac{1}{4}$ teaspoon Worcester-
shire Sauce

Make a white sauce of butter, flour and milk. Add cheese, corn and beaten egg yolks. Fold in stiffly beaten egg whites. Add seasonings. Pour into a greased baking dish and bake in a moderate oven until firm. Time, 45 minutes. Temperature, 350°F.

VEGETABLE SHORTCAKE

3 cups thin cream sauce ½ cup canned string
1 cup diced canned beans
 carrots ½ cup mushrooms
1 cup canned peas Salt, pepper, pap-
1 chopped onion rika

Add the vegetables to the white sauce, season. Serve on hot baking powder biscuits.

(P. 44)

Melt butter in a frying pan. Spread evenly over this the brown sugar and then the apricots with the hollows up. Cover with a sponge cake batter. (Follow recipe for jelly roll cake batter.) Bake in a moderately hot oven. When done, place cake plate over pan and turn over onto plate. Serve with whipped cream.

Time, 20 minutes. Temperature, 375° F.

2 cups milk
2 eggs
1½ cup sugar

1 cup cream
2 cups canned raspberries
1 tablespoon lemon juice

APPLESAUCE SHERBET

2 cups sweetened apple sauce
 $\frac{1}{4}$ cup orange juice
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ teaspoon cinnamon

CHERRY SOUP

1 quart canned cherry juice 2 teaspoons arrow-
2 tablespoons cold water root

Heat cherry juice. Add arrowroot moistened with cold water; cook until slightly thickened, stirring constantly. Serve very cold.

RICE BALLS WITH SPINACH CENTERS

1 cup milk
1 tablespoon butter
3 tablespoons flour
 $\frac{3}{4}$ cup grated cheese

1 cup boiled rice
Salt, pepper
 $\frac{1}{4}$ teaspoon celery salt
1 cup canned spinach

Make a white sauce of milk, butter and flour, add grated cheese and rice. Season and spread out on a shallow dish to cool. Drain the spinach and form into small balls. Cover these with the rice mixture, keeping them formed in balls. Roll in crumbs, dip in beaten egg and roll in crumbs again. Fry in deep fat until delicately browned. Time 3 minutes. Temperature of fat 370°F.

Canned pears Canned cherries
Cream cheese

MINCE OR APPLE PIE (P. 40)

$1\frac{1}{2}$ cups pastry or cake flour	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ teaspoon salt	About 4 tablespoons cold water

Put shortening into flour with knife or pastry cutter. Add enough water to handle—no more. Roll on board with as little handling as possible. Coarse cloth on board and "shirt" on rolling pin add to convenience and insure greater success.

Use two crusts for either mince or apple pie. Fill lower crust level full, heaping a little with the apples. Cut small holes in upper crust to make vent. Add sugar, spice and tablespoon of butter to apple pie.



Cherry Soup

DIVERSITY

Excellent in Meal Planning

THE menus given in this book are merely suggestions as showing the excellent diversity in meal planning that can be exercised through use of the foods stored on your own shelves. We have left out such obvious things as potatoes, bread, butter and coffee, and given space to the unusual. Neither have we, except in a few instances, mentioned meats, other than canned chicken. Those who have the opportunity, will find much satisfaction in canning meats, especially such as sausage, head-cheese, corned beef, and so on, but the great majority of us do not have opportunity to buy such meats in sufficient quantity to justify canning. Chickens and fowls, however, can be bought more cheaply at certain times than others, are easily canned, and canned chicken forms a base for many different uses.

We have made no special menus for children, because all of these menus are suitable for children beyond the age of infancy. Freshly canned fruits and vegetables in any form that is here recommended, are among the best and the most nutritious of foods for children, as you will see by reading the later section of this book under the heading of "Health—Determined by the Foods We Eat." Every recipe given in this book can be prepared easily and economically from home canned foods and without expenditure of energy in shopping. Each recipe as given will provide six good servings.



Chicken Mousse (P. 39)



Oven Dinner—Carrot Sauce (P. 16)



Raspberry Biscuits (P. 17)

I should also like to make a special plea for relishes. Nothing, to my mind, so lends piquancy and flavor, charm and interest to a meal, as a bit of colorful jelly, or a dish of pickle or relish. Just the reading of recipes for them will make my mouth water. A few jars of pickles and relishes—a few jars of jams and jellies, will put new life and interest into your menus.

A most interesting feature of the preparation of this book, has been the observance of the lack of menus prepared from canned foods. Food specialists and menu makers have, it would seem, assumed that canned goods need be used as canned goods only, whereas there are dozens of ways in which each different kind can be used, either by itself or in combination with others.

Bearing this fact in mind, a jar of spinach becomes not just and only a jar of spinach to be heated up and eaten "as is," but it holds the possibilities of salad, vegetable loaf, soufflé, soup, and many more things, as you can see by reading through the menus. Carrots may be carrots—and nothing better, but they may also play an active part in casserole, salad, loaf, garnish, soup and so on. And fruits—which were once upon a time merely canned as "sauce," now become fillings for cake, color and flavor for ice cream, puddings and sauces for both. And to think of fruit soups and soufflés is to lead one into an almost unexplored field of adventure.

And so on through the list. With a cupboard well stocked with jars of fruit, vegetables, relishes, preserves, and with jars of jam and jelly, you are independent of weather, distance, sudden rise in temperature, price or any other emergency.

The variety and charm, too, which is so easily lent to entertainment by the unusualness of such menus, gives added pleasure to both hostess and guest; and the satisfaction of stepping to a well-filled shelf for the needed product, can be appreciated only by those who have gone from season to season laying hold of the luscious treasures as they come, and hoarding them away against the future need. Try it just once, and never again, I can assure you, will the cupboard shelves be left bare.

Moreover, it is the smart thing now to "be domestic." Women are turning to old fashioned home tasks in sheer relief from the boredom that has followed a surfeit of "outside interests." And so, amongst other things that modern women are doing today, we find garden clubs, vegetable and flower exhibits and canned goods exhibits, as showing the trend of thought. And what "cause," "activity," "interest," or "career" could be more adventuresome than that of building a home?

The following suggestions are made to supplement the menus which have gone before



Strawberry Shortcake (P. 32)



Apricot Upside Down Cake (P. 41)



HEALTH

Determined by the Foods We Eat

GIVEN good heritage, every child should be born healthy. And the child is father to the man. He should, barring accident, go through life a perfectly healthy creature if he eats according to his needs and lives temperately. The great thing is to learn how to eat. Scientists are ever making important discoveries in nutrition which are passed on through various educational means to the rest of us, but we do not always heed. Most of us eat what our appetite calls for, whether good for us or not, and we pamper our appetite instead of training and controlling it.

People have long studied the proper feeding of animals because it was commercially to their interest to do so. Animals, kept for breeding or show purposes wherein they must always be at their healthiest and best, are given only such food as will keep them in that condition. Children of the same people are allowed to spend pennies daily for cheap sweets, and given either improper or insufficient food in complete ignorance of what they should have. Horses are fed such food as will keep them in condition for work and driving, but men go to work in the morning irritable from indigestion, and women suffer fatigue from improper eating.

Fundamentally, man is an animal, and it is important that he should be kept in as good physical condition as the creatures he owns and whose needs he understands.

The U. S. Government is issuing considerable literature emphasizing the importance of proper foods. For instance, we read in Farmers Bulletin 808 of the United States Department of Agriculture:

"The health and appearance of the family are a good test of the wholesomeness of their diet. If they are strong, well developed for their ages. free from ail-

ments, and full of energy and ambition, one may safely say their food agrees with them. But, if they are listless and ailing, or not so well developed either physically or mentally as they should be, and if a competent physician finds that there is no special disease to account for these bad symptoms, a mother may well ask herself if the food is right, and if not, how she can make it so.

"Good food habits are an important part of personal hygiene and thrift. Children get such habits by having suitable amounts of suitable foods served to them and then being expected to eat what is set before them."

The human body is built mainly of the same elements nature gives the plant world to make plants grow. These elements, which are supplied by the foods we eat, are as follows:

- | | |
|--|-----------------------------------|
| 1. Oxygen | 9. Sodium |
| Produces energy and heat | Gland, Ligament and Blood Mineral |
| 2. Carbon | 10. Manganese |
| Produces energy and heat and builds tissue | Tissue Strengtheners |
| 3. Hydrogen | 11. Potassium |
| Produces energy and heat and builds tissue | Tissue and Secretion |
| 4. Nitrogen | Mineral |
| Builds Tissue | 12. Sulphur |
| 5. Iron | Tissue |
| Blood Mineral. Red Corpuscles | Mineral |
| 6. Calcium | 13. Chlorine |
| Tooth and Bone | Secretions |
| Mineral | 14. Silicon |
| 7. Phosphorous | Nails, Skin, Teeth and Hair |
| Brain and Bone | 15. Fluorine |
| Mineral | Tooth Enamel |
| 8. Iodine | Preserves Bones |
| Gland and Brain | 16. Magnesium |
| Mineral | Nature's Laxative |

All foods can be divided into five groups and each supplies the body with something it needs.

"I. Plenty of vegetables and fruits are needed for minerals, vitamins, cellulose or bulk. In fact, we can hardly be too generous with this group in planning our meals. It also adds the greatest variety of textures and flavors and colors which help to make food appetizing.

"II. For protein to supply the material to build the tissues of which our bodies are made, we need meat, poultry, fish, milk, eggs, cheese, or one of the legumes that come in this group. Some of these foods also supply minerals and vitamins.

"III. From cereals and cereal foods, such as bread and other baked foods, we get energy more economically than from any other group. This is the reason that cereal of some kind is called the mainstay of diet for people in every part of the world. Whole-grained cereal foods, such as whole-wheat products and unpolished or 'brown' rice, contain vitamins and minerals.

"IV. Sugar, syrups, honey, and other sweets also supply fuel to give us energy to keep our bodies warm. However, they have a pleasant flavor that may sometimes encourage us to eat more than is good for us.

"V. Fats and fatty foods are the most concentrated fuel foods of all. A little of them, therefore, goes a long way; but, if skillfully used, they give a rich flavor and texture to our meals. Among the fat foods, butter and cream are also rich sources of vitamins.

"These five groups of food combined in the right proportions make what are sometimes called 'balanced' meals. Such meals are appetizing and pleasant to eat, and they help to keep us well and strong."—(U. S. Department of Agriculture, Miscellaneous Circular No. 49.)

Vitamins is the name given to another vital substance found in all food, the composition of which is as yet indefinite, but whose part is essentially important in the renewal and maintenance of the body. U. S. Department of Agriculture Circular No. 927 says that "without vitamins, development is sure to be impaired and, in later life, the body is likely to fall prey to certain specific ailments." There are various kinds of vitamins so far named under letters A, B, C, D, and E. Different vitamins are found in different foods and the part they play follows:

- Vitamin A Prevents and relieves bone trouble, pellagra, anemia and especially eye trouble. Fosters growth.
- Vitamin B Prevents and relieves nervous diseases, neuritis, paralysis.
- Vitamin C Prevents and relieves muscular disease, scurvy, loss of weight.
- Vitamin D Prevents and relieves rickets.
- Vitamin E Prevents and relieves sterility.

The effect of heating upon vitamins is small, but the combination of heat and atmospheric oxygen is said to be disastrous. Foods should, therefore, be cooked with as little water as possible and in closed containers. For that reason the Hot Pack method of canning is preferable to open kettle.

This brief summary of the composition of the human body and its needs should show us the tremendous importance of combining in our daily menus all the various elements that go to make up a proper diet. For this reason the table beginning on page 48 should be referred to often to establish the body element content and vitamin value of foods.

By studying the chart of essential food elements and the sources from which they come, it may easily be seen how important a part both fruit and vegetables play in supplying these needs. Some people cannot eat certain fruits or vegetables raw, but, properly cooked, they are almost universally digestible. And cooked, or canned, properly, the valuable food properties are not appreciably changed.

Menu making is one of the most important things a home-making woman has to do, or anyone else, for that matter, who has to feed people. Each day's menus should include the right amount of milk for each person, and a diversified amount of all the body building elements, especially minerals, the regulators.

The menus given in this book have been so combined as to fulfill these requirements. By using and studying these, the housewife can build similar ones for every day and every meal.



Jellied Tomato Salad (P. 17)



Carrot Boats filled with Peas (P. 31)

Vegetables and fruits are essential to health. It is not always convenient, and it is by no means economical, to always step out and buy fresh foods. By careful conservation of both as the seasons advance, the home cupboard can be kept so well stocked that the daily menu may be supplied with healthful out-of-season fruits and vegetables at any time, and so an air of luxury can be added to a very economical table.

The following list includes most of the common foods under their respective groups with their principal body element content and vitamin values indicated:

In this table the signs used have the following meaning:

+ indicates that the food *contains* the vitamin.

++ indicates that the food is a *good* source of the vitamin.

+++ indicates that the food is an *excellent* source of the vitamin.

- indicates that the food contains no appreciable amount of the vitamin.

? indicates doubt as to presence or amount.

* indicates that evidence is lacking or appears insufficient.

GROUP I. FRUITS AND VEGETABLES

<i>Fruits</i>	<i>Principal Body Element Found</i>	<i>Vitamin A</i>	<i>Vitamin B</i>	<i>Vitamin C</i>
Apples, raw, fresh		+	+	++
Apples, raw, dried		*	*	- to +
Apples, canned commercially		*	*	++
Apples, home-cooked		*	*	+ to +++
Bananas, raw, fresh	Oxygen-Carbon-Hydrogen	+ to +++	+	++
Bananas, raw, dried	Oxygen-Carbon-Hydrogen	*	*	- to +
Bananas, cooked	Oxygen-Carbon-Hydrogen	*	*	- to +
Cranberry Juice		*	*	+
Grapefruit juice, fresh	Magnesium	-?	++	++
Grape juice, fresh		*	*	+
Grape juice, commercial		*	+	*
Lemons, cold storage		*	*	+++
Lemon juice, fresh		-	++	+++
Lemon juice, frozen (storage)		*	*	++
Oranges, cold storage		*	*	+++
Orange juice, fresh	Magnesium	+ to +++	++	+++
Orange juice, frozen, stored	Magnesium	*	+	++
Peaches	Potassium	*	*	+ to +++
Pears	Iodine	*	+	*
Pineapple, raw, fresh	Iodine	++	++	+++
Prunes, dried	Iron-Calcium-Potassium	++	+	-
Raisins	Iron-Oxygen-Carbon-Hydrogen	-	+	-
Strawberries	Iron-Sodium-Silicon	*	+	++
<i>Vegetables</i>				
Asparagus	Iron-Sodium-Sulphur-Silicon	*	+++	*
Beans, kidney	Phosphorous	+	+++	*
Beans, navy	Phosphorous	+	+++	++
Beans, soy	Phosphorous	+	+++	-
Beans, string, fresh	Phosphorous-Sodium	+	++	++
Beans, string, canned	Phosphorous	*	*	+
Beets, root	Iron-Sodium-Chlorine	-	+	+
Cabbage, green, fresh	Calcium-Potassium-Sulphur-Silicon-Fluorine	+ to +++	++	+++
Cabbage, old	Calcium-Potassium-Sulphur-Silicon-Fluorine	*	*	+
Cabbage, green, dried, stored	Calcium-Potassium-Sulphur-Silicon-Fluorine	*	*	- to +
Cabbage, head, cooked	Calcium-Potassium-Sulphur-Silicon-Fluorine	+	++	+
Carrots, raw, young	Iodine-Sodium-Sulphur	++	++	++
Carrots, raw, old	Iodine-Sodium-Sulphur	++	++	+
Carrots, cooked, young	Iodine-Sodium-Sulphur	++	+	+
Carrots, cooked, old	Iodine-Sodium-Sulphur	++	+	- to +
Cauliflower	Sulphur-Fluorine	+	++	++
Celery, stems	Sodium	- to +	++	*



Vegetable Omelet (P. 32)



Stuffed Veal Rolls (P. 33)

<i>Vegetables</i>	<i>Principal Body Element Found</i>	<i>Vitamin A</i>	<i>Vitamin B</i>	<i>Vitamin C</i>
Cowpeas, fresh, boiled	Phosphorous	*	++	*
Cowpeas, dried	Phosphorous	++	*	*
Cress	Iodine-Manganese-Potassium-Fluorine	*	*	+
Eggplant		-	++	*
Endive	Manganese	+	*	+
Lettuce, Whole head	Iron-Calcium-Silicon	++	++	++
Okra	Sodium	*	+++	*
Onions, raw	Calcium-Iodine-Sulphur	- to +	++	++
Onions, cooked	Calcium	- to +	++	+
Parsley	Manganese	*	++	*
Parsnips	Calcium-Phosphorous	-?	++	*
Peas, green, fresh, raw	Phosphorous-Carbon-Hydrogen-Nitrogen	++	+++	+++
Peas, fresh, home-cooked	Phosphorous-Carbon-Hydrogen-Nitrogen	++	+++	++
Peas, fresh, canned	Phosphorous-Carbon-Hydrogen-Nitrogen	++ to ++	+++	++
Potatoes, weet		+	+	++
Potatoes, white, raw		+	++	++
Potatoes, white, baked, unpeeled	Iodine-Potassium	+	++	+
Pumpkin		+	+	+
Radishes	Sulphur-Chlorine	-	+	*
Rhubarb		*	*	+
Spinach, fresh, raw	Iron-Calcium-Silicon-Fluorine	+++	+++	++
Spinach, home-cooked	Iron	+++	*	+
Spinach, commercially canned	Iron	+++	*	++
Tomatoes, raw	Iron-Iodine-Silicon-Fluorine	++	+++	+++
Tomatoes, canned	Iron-Iodine-Silicon-Fluorine	++	+++	+++
Turnips	Sodium	-?	++	++
GROUP II. FOODS DEPENDENT ON FOR EFFICIENT PROTEIN				
Eggs, whole, fresh	Carbon-Nitrogen-Hydrogen	++	+	-
Eggs, whole, cold storage	Carbon-Nitrogen-Hydrogen	++	*	*
Egg, white	Carbon-Nitrogen-Hydrogen	-	-	-
Egg, yolk	Iron-Calcium-Sodium-Manganese-Fluorine-Magnesium-Carbon-Hydrogen-Nitrogen	+++	++	-
Fish, fat (such as herring, salmon)	Iodine-Phosphorous-Carbon-Hydrogen-Nitrogen-Chlorine	+	+	*
Fish, roe, fresh and dried	Iodine-Phosphorous-Carbon-Hydrogen-Nitrogen-Chlorine	++	++	*

GROUP II. FOODS DEPENDENT ON FOR EFFICIENT PROTEIN (Continued)

		Vitamin A	Vitamin B	Vitamin C
<i>Fish, etc. (continued)</i>	<i>Principal Body Element Found</i>			
Oysters	Iodine-Phosphorous-Carbon-Hydrogen-Nitrogen	*	*	+
Shrimps	Iodine-Phosphorous-Carbon-Hydrogen-Nitrogen-Sulphur	+	*	*
Muscle (lean meat), beef	Carbon-Hydrogen-Nitrogen	- to +	- to +	- to +
Muscle (lean meat), poultry	Carbon-Hydrogen-Nitrogen	- to +	- to +	*
Muscle (lean meat), lamb or mutton	Carbon-Hydrogen-Nitrogen	- to +	- to +	*
Muscle (lean meat), pork	Carbon-Hydrogen-Nitrogen	- to +	+	*
Milk, cow's, whole, fresh	Phosphorous-Calcium-Carbon-Hydrogen-Nitrogen-Chlorine	+++	++	+
Milk, cow's, whole, boiled		+++	++	- to +
Milk, cow's, whole, condensed	Phosphorous-Calcium-Carbon-Hydrogen-Nitrogen-Chlorine	+++	++	+
Milk, cow's, whole, evaporated	Phosphorous-Calcium-Carbon-Hydrogen-Nitrogen-Chlorine	+++	++	- to +
Milk, cow's, skim, fresh	Phosphorous-Calcium-Carbon-Hydrogen-Nitrogen-Chlorine	+	+	+
Buttermilk	Phosphorous-Calcium-Carbon-Hydrogen-Nitrogen-Chlorine	+	++	- to +
Cheese	Sodium-Calcium-Carbon-Hydrogen-Nitrogen-Chlorine-Fluorine	++	*	*
Cottage cheese	Sodium-Calcium-Carbon-Hydrogen-Nitrogen-Chlorine-Fluorine	+	*	*
GROUP III. CEREALS AND CEREAL PRODUCTS				
Barley, unhusked	Magnesium	+?	++	-
Barley, husked	Phosphorous-Oxygen-Carbon-Hydrogen-Silicon	*	++	-
Bread, white, water	Oxygen-Carbon-Hydrogen	?	+	-
Bread, white, milk	Oxygen-Carbon-Hydrogen	+	+	- to +
Bread, whole wheat, water	Oxygen-Carbon-Hydrogen	+	++	-
Bread, whole wheat, milk	Oxygen-Carbon-Hydrogen	++	++	- to +
Corn, whole, white	Phosphorous-Oxygen-Carbon-Hydrogen-Magnesium	-	++	-
Corn, whole, yellow	Phosphorous-Oxygen-Carbon-Hydrogen-Magnesium	+	++	-
Oats	Sodium-Silicon-Oxygen-Carbon-Hydrogen	- to +	++	-
Rice, polished	Oxygen-Carbon-Hydrogen	-	-	-
Rice, whole		+	++	-
Rye, whole	Oxygen-Carbon-Hydrogen	+?	++	-
Starch (Potatoes, macaroni, spaghetti, noodles, etc.)	Oxygen-Carbon-Hydrogen	-	-	-
Wheat, bran	Calcium-Oxygen-Carbon-Hydrogen-Magnesium	+	++	-
Wheat, flour, white	Oxygen-Carbon-Hydrogen	-	+	-
Wheat, whole	Phosphorous-Carbon-Hydrogen-Oxygen	+	++	-
GROUP IV. SUGARS				
Honey	Hydrogen-Carbon-Oxygen	-	+	-
Molasses	Hydrogen-Carbon-Oxygen	-	+	-
Sugar	Hydrogen-Carbon-Oxygen	-	-	-
GROUP V. FATS AND FAT-RICH FOODS				
Beef fat	Hydrogen-Carbon-Oxygen	+	-	-
Butter	Hydrogen-Carbon-Oxygen	+++	-	-
Cream	Hydrogen-Carbon-Oxygen	+++	++	- to +
Cod liver (and other fish liver oils)	Iodine-Fluorine	+++	-	-
Lard	Hydrogen-Carbon-Oxygen	- to +	-	-
Margarin, oleo	Hydrogen-Carbon-Oxygen	+ to ++	-	-

<i>Fats and Fat-Rich Foods</i>	<i>Principal Body Element Found</i>	<i>Vitamin A</i>	<i>Vitamin B</i>	<i>Vitamin C</i>
Mutton fat	Hydrogen-Carbon-Oxygen	+	—	—
Almond oil	Hydrogen-Carbon-Oxygen	—	—	—
Cocoa Butter	Hydrogen-Carbon-Oxygen	—	—	—
Cottonseed oil	Hydrogen-Carbon-Oxygen	+?	—	—
Margarin, nut	Hydrogen-Carbon-Oxygen	—	—	—
Olive oil	Hydrogen-Carbon-Oxygen	— to +	—	—
Peanut oil	Hydrogen-Carbon-Oxygen	+	—	—
Soybean oil	Hydrogen-Carbon-Oxygen	+	—	—
Almonds	Phosphorous-Carbon-Oxygen- Hydrogen-Manganese-Potassium	+	++	*
Brazil nuts	Phosphorus-Carbon-Oxygen- Hydrogen-Manganese-Potassium	+	++	*
Butternuts	Phosphorous-Carbon-Oxygen Hydrogen-Manganese-Potassium	+	*	*
Chestnuts	Sulphur-Hydrogen-Carbon-Oxygen	*	++	*
Coconut	Chlorine-Phosphorous-Hydro- gen-Carbon-Oxygen-Sodium -Potassium-Magnesium	+	++	*
Peanuts	Hydrogen-Carbon-Oxygen- Phosphorus	+	++	*
Pecans	Hydrogen-Carbon-Oxygen- Phosphorous	+	++	*
Walnuts, English	Phosphorous-Hydrogen-Car- bon-Oxygen-Manganese	+	++	*

"In the use of the table it should always be kept in mind that the values assigned are purely qualitative. According to the key of symbols employed, a double + does not indicate that the material is twice as rich in a particular vitamin as one to which a single + has been assigned but simply that according to present knowledge it is a somewhat better source of the vitamin in question."—[85 (4-23-26) Sybil L. Smith, Specialist in Biochemistry, Office of Experiment Stations, United States Department of Agriculture.]

Data relating to vitamins is taken from tables by the United States Department of Agriculture of Bulletin No. 85 by Sybil L. Smith, Specialist in Biochemistry, Office of Experiment Stations.

The data relating to principal element found in each of the foods listed are adapted from "Chemistry of Food and Nutrition," Henry C. Sherman, Ph.D., Sc.D., Prof. of Chemistry, Columbia University.



Cup Cakes (P. 40)—Cherry Sauce



Tinted Fruit Salad (P. 32)



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